

# Tutukaka Surf day



**Wednesday November 29, 10am-1pm**  
**Sandy Bay, Tutukaka, Whangarei**

Open to Northlanders living with a physical disability who are keen to get on a board and in the water.

There's plenty of support on hand to get you on/off a board or in/out of the water so you're able to simply enjoy yourself.

To register, go to [www.parafednorthland.co.nz](http://www.parafednorthland.co.nz) or email Cam on [parafed@parafednorthland.co.nz](mailto:parafed@parafednorthland.co.nz)

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