

# HEALTHY HOMES WORKSHOP



## Stay Warm, Save Money, Create a Healthy Home.

Join industry expert Sumaria Beaton-Sikisini from Awarua Synergy for an informative workshop on creating a healthy home. With over 20 years of experience in the insulation and heating industry, Sumaria will share invaluable insights to help you create a warmer and drier home. We'll help you understand insulation, combat moisture, and reduce energy costs to create a healthier living environment. These workshops are part of EECA's (Energy Efficiency and Conservation Authority) Supporting Energy Education in the Community programme.



Get Power Over Your Power Bill



Reduce Energy Costs



Understand Insulation



Combat Moisture

### WEDNESDAY

19th Nov 2025

Venue: Den

During open hours

Come in ask questions

### WEDNESDAY

19th Nov 2025

Venue: Council Chamber

Time: 5.30pm - 6.30pm

Workshop

### THURSDAY

20th Nov 2025

Venue: Council Chamber

Time: 12.30pm - 1.30pm

Workshop

### THURSDAY

20th Nov 2025

Venue: Council Chamber

Time: 5.30pm - 6.30pm

Workshop

## What others said

"Sumaria provided a really informative workshop for our team. It was great to dispel some myths about healthy homes & learn about the easy fixes we can do to ensure our team are warm and healthy. I would recommend all workplaces provide this session to their staff"

Sheree Carey CEO Southland Business Chamber

"I got so much more out of the workshop than expected. As a new homeowner in an older house, this has given me many ideas on how to keep my house warm during the cold Southland winter". Kat Robertson Southland District Council

"This was a really insightful presentation. I don't think it mattered whether you were in a new home, older home, renovated home etc, there was useful tips for everyone to take away." Nicola Wils McIntyre Dick