

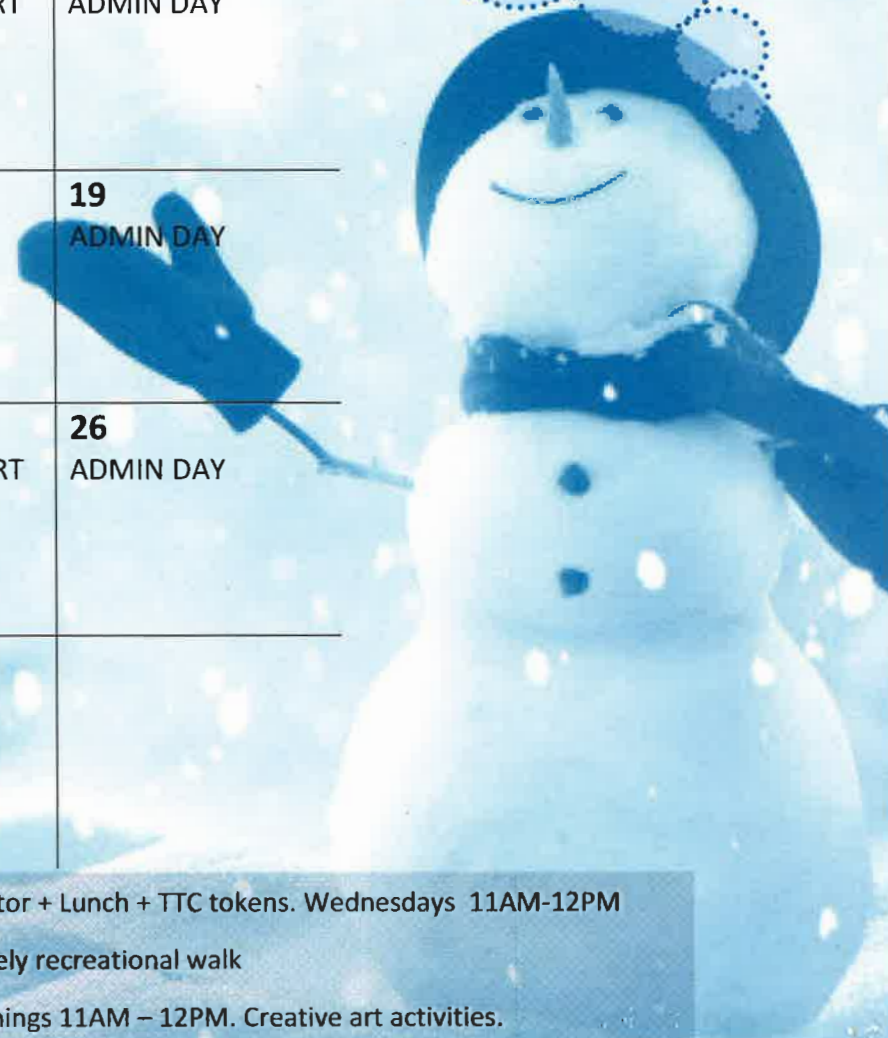
January 2018



URBAN ABORIGINAL HEALTHY LIVING PROGRAM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED	2	3 MOCCASIN TRAIL Gathering Place 11AM-1PM LITTLE EMBERS 3PM-5PM	4	5 ADMIN DAY
8 HEALTHY STEPS 10AM-11AM	9	10 MOCCASIN TRAIL Gathering Place 11AM-1PM LITTLE EMBERS 3PM-5PM	11 VIRTUOSITY OF ART Gathering Place 1030AM-1200PM	12 ADMIN DAY
15 HEALTHY STEPS 10AM-11AM	16	17 MOCCASIN TRAIL Gathering Place 11AM-1PM LITTLE EMBERS 3PM-5PM	18 ASK A NURSE DAY	19 ADMIN DAY
22 HEALTHY STEPS 10AM-11AM	23	24 MOCCASIN TRAIL Gathering Place 11AM-1PM LITTLE EMBERS 3PM-5PM	25 VIRTUOSITY OF ART Gathering Place 1030AM-1200PM	26 ADMIN DAY
29 HEALTHY STEPS 10AM-11AM	30	31 MOCCASIN TRAIL Gathering Place 11AM-1PM LITTLE EMBERS 3PM-5PM		



Moccasin Trails Wellness Program – 1 hour of exercise lead by an instructor + Lunch + TTC tokens. Wednesdays 11AM-12PM

Healthy Steps – Staff & community members joining together for a leisurely recreational walk

Virtuosity of Art – Held in the Gathering Place every other Thursday mornings 11AM – 12PM. Creative art activities.