



2018



# February

## URBAN ABORIGINAL HEALTHY LIVING PROGRAM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> ASK A NURSE DAY	<b>2</b> ADMIN DAY
<b>5</b> HEALTHY STEPS 10AM-11AM	<b>6</b>	<b>7</b> MOCCASIN TRAIL Gathering Place 11AM-1PM  LITTLE EMBERS 3PM-5PM	<b>8</b> VIRTUOSITY OF ART Gathering Place 1030AM-1200PM	<b>9</b> ADMIN DAY
<b>12</b> HEALTHY STEPS 10AM-11AM	<b>13</b>	<b>14</b> MOCCASIN TRAIL Gathering Place 11AM-1PM  LITTLE EMBERS 3PM-5PM	<b>15</b> ASK A NURSE DAY	<b>16</b> ADMIN DAY
<b>19</b> HEALTHY STEPS 10AM-11AM	<b>20</b>	<b>21</b> MOCCASIN TRAIL Gathering Place 11AM-1PM  LITTLE EMBERS 3PM-5PM	<b>22</b> VIRTUOSITY OF ART Gathering Place 1030AM-1200PM	<b>23</b> ADMIN DAY
<b>26</b> HEALTHY STEPS 10AM-11AM	<b>27</b>	<b>28</b> 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.