

April 2018



Mon	Tue	Wed	Thu	Fri
2 HEALTHY STEPS 10am-11am	3	4 MOCASSIN TRAIL Gathering Place 11am-1pm Health Fare 1pm-3pm- Gathering Place LITTLE EMBERS 3pm-5pm	5 ASK A NURSE DAY 10:00- 12pm Gathering Place	6 ADMIN DAY
9 HEALTHY STEPS 10am-11am	10	11 MOCASSIN TRAIL Gathering Place 11am-1pm LITTLE EMBERS 3pm-5pm	12 VIRTUOSITY OF ART Gathering Place 1030am-12pm ASK A NURSE DAY 10:00- 12pm	13 ADMIN DAY
16 HEALTHY STEPS 10am-11am	17	18 MOCASSIN TRAIL Gathering Place 11am-1pm LITTLE EMBERS 3pm-5pm	19 ASK A NURSE DAY 10:00- 12pm Gathering Place	20 ADMIN DAY
23 HEALTHY STEPS 10am-11am	24	25 MOCASSIN TRAIL Gathering Place 11am-1pm LITTLE EMBERS	26 VIRTUOSITY OF ART Gathering Placek 1030am-12pmjk	27 ADMIN DAY
30 HEALTHY STEPS 10am-11am				

Mocassin Trails Wellness Program
 1 hour of exercise lead by an instructor + Lunch + TTC tokens.
 Wednesday 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.
 10:30am-12pm

URBAN ABORIGINAL HEALTHY LIVING PROGRAM
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