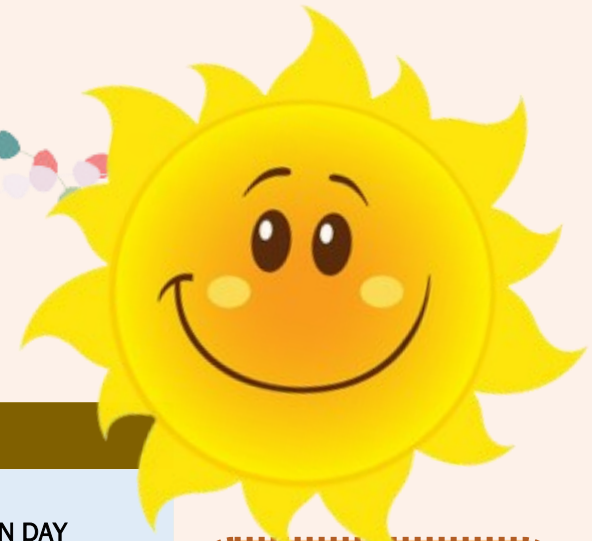


June



Mon	Tue	Wed	Thu	Fri
				1 ADMIN DAY
4 HEALTHY STEPS 10am-11am	5	6 MOCASSIN TRAIL Gathering Place 11am-1pm LITTLE EMBERS 3pm-5pm	7 ASK A NURSE DAY	8 ADMIN DAY
11 HEALTHY STEPS 10am-11am	12	13 MOCASSIN TRAIL Gathering Place 11am-1pm LITTLE EMBERS 3pm-5pm	14 VIRTUOSITY OF ART Gathering Place 1030am-12pm	15 ADMIN DAY
18 HEALTHY STEPS 10am-11am	19	20 MOCASSIN TRAIL Gathering Place 11am-1pm LITTLE EMBERS 3pm-5pm	21 ASK A NURSE DAY	22 ADMIN DAY
25 HEALTHY STEPS 10am-11am	26	27 MOCASSIN TRAIL Gathering Place 11am-1pm LITTLE EMBERS 3pm-5pm	28 VIRTUOSITY OF ART Gathering Place 1030am-12pm	29 ADMIN DAY

URBAN ABORIGINAL HEALTHY LIVING PROGRAM

UAHLP Coordinator:

Tanya Cozry

Phone:

416-360-4350 x 262

Fax: 416-360-5978

Email: uahlp@councilfire.ca



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 11am-12pm.

