



February 2019

URBAN ABORIGINAL HEALTHY LIVING PROGRAM

UAHLP Coordinator: Tanya Cozry
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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.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 ADMIN DAY
4 HEALTHY STEPS 10AM-11AM	5 TEA TIME 10:30AM - 12PM	6 MOCCASIN TRAIL 11AM—1PM LITTLE EMBERS 3PM-5PM	7 Ask a Nurse Day 10:30AM-12PM	8 ADMIN DAY
11 HEALTHY STEPS 10AM-11AM	12 TEA TIME 10:30AM - 12PM	13 MOCCASIN TRAIL 11AM—1PM LITTLE EMBERS 3PM-5PM	14 Ask a Nurse Day 10:30AM-12PM	15 ADMIN DAY
18 HEALTHY STEPS 10AM-11AM	19 TEA TIME 10:30AM - 12PM	20 MOCCASIN TRAIL 11AM—1PM LITTLE EMBERS 3PM-5PM	21 Ask a Nurse Day 10:30AM-12PM	22 ADMIN DAY
25 HEALTHY STEPS 10AM-11AM	26 TEA TIME 10:30AM - 12PM	27 MOCCASIN TRAIL 11AM—1PM LITTLE EMBERS 3PM-5PM	28 Ask a Nurse Day 10:30AM-12PM	

