



Join us for the
**H.E.A.L.
Program.**
A program that
you can learn
about healthy
eating and that
incorporates
physical
activity. The
program
focuses on the
importance of
maintaining
balance of your
wholistic self,
the emotional,
mental, physical
and spiritual.

H.EALTHY E.ATING A.CTIVE L.IFESTYLE P.ROGRAM

**THUNDER BAY INDIGENOUS
FRIENDSHIP CENTRE**

401 N. CUMBERLAND ST. THUNDER BAY ON



**Program runs:
Tuesdays,
11am to 2pm
starting January
23rd until March
27th, 2018.
Location:
TBIFC Back Hall**

To Register
contact:
Kelsie Pagacz,
Freedom Nothing or
Brooke Kakepetum @
807-345-5840
Childcare is provided as
well as a meal.