



# The Urban Aboriginal Healthy Living Programme

(UAHLP)

Empowering individuals to live healthy, active lifestyles!

*The United Native Friendship Centre (UNFC)*

PO Box 752 616 Mowat Avenue Fort Frances, ON P9A 3N1

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LIKE US ON Facebook to stay up to date: <https://www.facebook.com/UAHLP/>



February is: Migizii-Giizis **2019**  
*Eagle Moon-The month the eagles return to prepare for the upcoming spring season.*

## UAHLP Regular Office Hours:

(office closed during programming times)

Monday's 8:30am-4:30pm  
 Tuesday's 8:30am-4:30pm  
 Wednesday's 8:30am-4:30pm  
 Thursday's 8:30am-4:30pm  
 Friday's Admin Day

### Indoor Walking & Cross-Train Group

Tuesday's 2-3pm

@ the Sportsplex #52 Arena

### Lunch Break Stress Busting Fitness Group

Wednesdays 11:30am-12:30pm

@ The CLC 616 Mowat Ave

### Hatha Yoga & Wellness Series

4:45-5:45pm @ 308 Butler Ave. Upstairs at the Zagaa-idiwin Aboriginal Headstart Program Building

### \*Women's Fitness Group with Shannon\*

Great cardiovascular/strength training. Instructor lead.  
 Wednesday's 6-7pm @ 308 Butler Ave. Headstart

### \*UNFC-STAFF ONLY Wellness Series\*

11:00pm-12:00pm

@ CLC-616 Mowat Ave

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>February</b> is Heart & Stroke Awareness Month & Sexual and Reproductive Health Awareness Month. Stop by to check out our programming and/or be referred to other healthy living programs today ☺				1	2
4	5	6	7	8	9
	Breakfast Buddies 8-9am  Indoor Walking & Cross-Train Group 2-3pm	Lunch Break-Stress Busting Group *11:30am-12:30pm Hatha Yoga & Wellness Series 4:45-5:45pm Women's Fitness Group 6-7pm	Community Kitchen Day 9am-3pm	UNFC Staff Meeting ADMIN DAY  UNFC-STAFF ONLY Wellness *Pop-Up Series* 1130am-1230pm	
11	12	13	14	15	16
	Breakfast Buddies 8-9am ZAHS-Snowshoeing 10am Indoor Walking & Cross-Train Group 2-3pm	Hatha Yoga & Wellness Series 4:45-5:45pm Women's Fitness Group 6-7pm		UAHLP Program CLOSED	
18	19	20	21	22	23
Family Day UNFC Closed	UAHLP Program CLOSED, See you next week!	Lunch Break-Stress Busting Group *11:30am-12:30pm Hatha Yoga & Wellness Series 4:45-5:45pm Women's Fitness Group	UAHLP Program CLOSED, See you next week!	UAHLP Program CLOSED, See you next week!	
25	26	27	28		
	Breakfast Buddies 8-9am  Indoor Walking & Cross-Train Group 2-3pm	Lunch Break-Stress Busting Group *11:30am-12:30pm Hatha Yoga & Wellness Series 4:45-5:45pm Women's Fitness Group 6-7pm	40+ Women's Wellness Group @ GHAC *Please sign-up* 5:30-7:30pm		

\*Please be advised that ALL programming is subject to change without notice, call/check FB Page for updates.

807.274.8541

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We are here to help you to help yourself grow, in a positive, healthy, active and balanced way. Balancing your body/physical, emotional/social, mind/mental and spirit/spiritual needs as you grow and develop takes time, patience and effort. This winter season why not take the time to think about balancing some of your, and your family's needs? Let's plan to get together and talk about what we can do to help each other, and also have fun with physical fitness/sport/recreation, nutrition, leadership and work toward our healthy living goals!