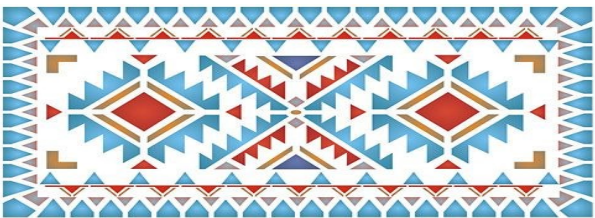


If you are interested in...

- Participating in organized sport activities, physical fitness activities and physical recreational activities;
- Gaining more knowledge of healthy eating habits, traditional diets and healthy weight management;
- Reducing the use of commercial tobacco products and developing a support system to encourage a smoke-free environment;
- Developing leadership skills through youth leadership programming and positive community activities.



The **Urban Aboriginal Healthy Living Program** is a culture based program; meaning it is delivered in a manner that respects cultural values and meets the holistic needs of the people. A culture based approach to health promotion aims to restore balance between the physical, mental, emotional and spiritual aspects of the individual, family and community and it applies to all stages of the lifecycle.

The **Urban Aboriginal Healthy Living Program** utilizes a holistic approach and applies this throughout the lifecycle; meaning that consideration is given in the program to the body, mind and spirit for children, youth, adults and elders.



For more information about any of the **Urban Aboriginal Healthy Living Programs**, please contact your local UAHLP Worker or the OFIC.

Ext. 223 or Email: uahlp@nbifc.org

Urban Aboriginal Healthy Living Program



Empowering individuals to live healthy, active lifestyles.



**NORTH BAY
INDIGENOUS
FRIENDSHIP
CENTRE**

Tel: (705) 472-2811 Fax: (705) 472-5251

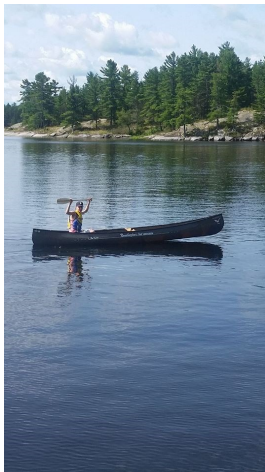
980 Cassells St
North Bay, ON P1B 4A6



Goals & Objectives

The focus of the **Urban Healthy Living Program** is to empower individuals to live healthy, active lifestyles. The healthy living program has six focus areas for activities and education and they include:

- ◆ Physical activity
- ◆ Nutrition
- ◆ Smoking cessation
- ◆ Sports
- ◆ Recreation
- ◆ Youth leadership.



Sweetgrass
is the hair of our
Mother, the Earth.
Each strand alone is not as strong
as when braided together.
Sweetgrass represents the
Northern Direction
on the Medicine Wheel.
All life is sacred,
enjoy Life!

Aboriginal Cultural Awareness and Appreciation



The **Urban Aboriginal Healthy Living Program** (UAHLP) can help you achieve your lifestyle goals!

This program is taking major strides to help community members to increase their physical activity levels and their cardio-vascular health; to become smoke-free; to increase their knowledge of nutrition, healthy eating practices and weight management; and to enhance the leadership ability of our youth.

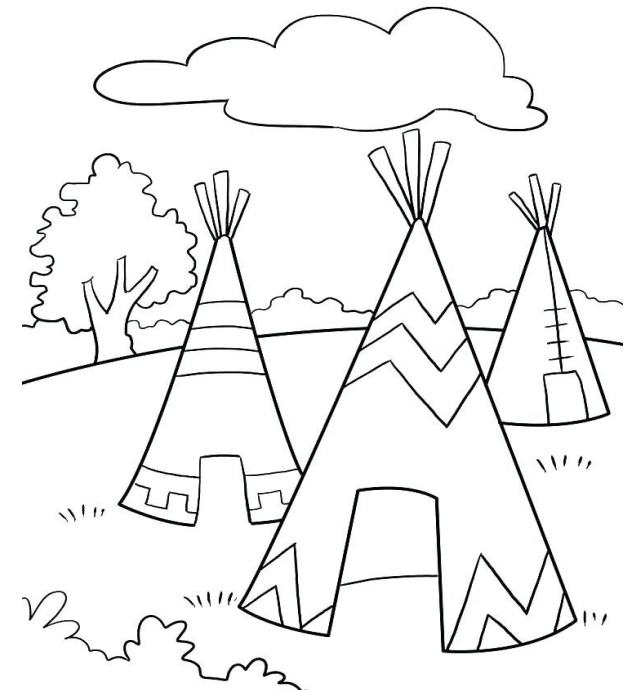
While the UAHLP will offer great benefits for the community as a whole, it will maintain four key target groups for special programming:

- Children
- Youth
- Women
- Seniors



Community Programs

Although the **Urban Aboriginal Healthy Living Program** will be offering targeted programs for children, youth, women and seniors/disabled, the program will also be offering a wide range of activities that all the community can participate in, such as sports, recreational and physical fitness activities.



Coloring Page: