



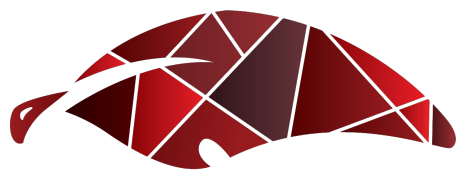
Urban Aboriginal Healthy Living



Contact:

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Healthy Living Coordinator

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OFIFC

Ontario Federation of
Indigenous Friendship Centres

N'Swakamok Indigenous Friendship Centre

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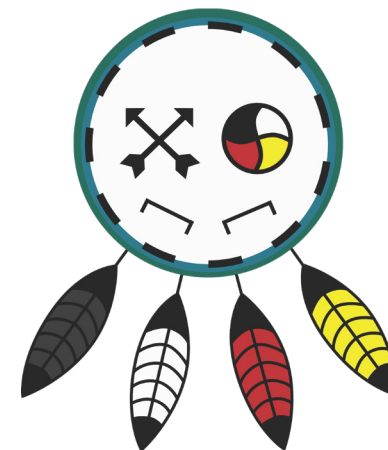
Hours

Monday - Thursday

8:30 to 4:30

Friday

8:30 to 2:30



N'Swakamok Indigenous Friendship Centre

Program Initiative

Provide free access to gym sessions.
1 on 1 training, fitness classes, and
outdoor activities

Provide proper nutritional and
dietary education



Here at the Friendship Centre we
understand that getting started
into a healthier lifestyle can seem
difficult and even scary at first.

We are here to help you through the
entire process to ensure you can
develop healthy, maintainable
habits and routines in everyday life.



Program Features

Chair assisted yoga
Fitness classes
ARC Climbing
Beach Days
Canoing Hiking
YMCA
Yoga



Program Overview

Through Healthy Living program we
offer access to a variety of indoor
and outdoor classes and activities
to provide your body with the
stimulation and exercise it requires.

We offer 1 on 1 sessions to help you
reach your individualized goals and to
effectively understand your specific
needs.

Custom exercise and diet plans can be
structured to ensure your body is
receiving the proper nutritional intake
for your goals.

Physical limitations and or dietary
restrictions are manageable with the
correct plans and protocols in place.
We will be by your side for every step
of the process to assist in any way you
may need.

