



It's Time Again!

## Details of the Hanio Oksa Healthy Lifestyles # 6

Only one day a week to take the footsteps of change



**Thursday February 9, 16, 23 / 2012**  
**At the Tyendinaga Fitness Resource Center**  
**6pm to 7pm**

(613) 962-2822 tyfitnessres@mbq-tmt.org

**3 weeks FREE** of promoting a Healthy Lifestyles by implementing a balanced program of being physically active & healthy workshops with the following:

### Thursday February 9

#### **Ten Ways to Increase Your Metabolism**

By Heather Williams

Registered professional Dietitian



### Thursday February 16

#### **Ten New Super Foods**

By Michelle Meilleur

Nutritionist & Wellness Coach & Homeopath

### Thursday February 23

#### **Emotional Health**

By Kana`hkwahawi

Cherylann Brant



**Each session is a ½ workshop & ½ of exercise at the  
Tyendinaga Fitness Resource Centre**

**(Dress to be active) FUNDED BY AIAI**

**Sign- up by January 31 /2012 by email or calling TFRC (613)962-2822**

**Youth are welcome with Parents, (you do not have to sign up for all the events)**

**SPECIAL MONTHLY MEMBERSHIPS & PRIZES TO ALL THAT ATTEND all 3**