



JOIN US FOR...

OGWAKWI:YO

OCTOBER 21 - DECEMBER 2

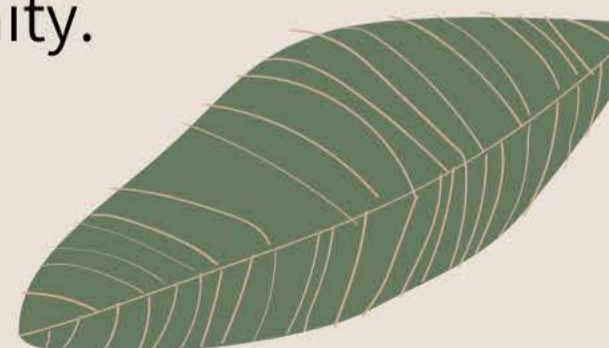
Every Wednesday from 2-3:30pm

(No program on November 11)



A FREE outdoor program that encourages healthy living for adults. Ogwakwi:yo will help to strengthen nutrition knowledge and increase physical activity with Haudenosaunee activities. A safe space for adults to learn, share, focus on their health and get involved in the community.

Location: TBD



Call us at 226-388-0440
or email dietitian@sixnations.ca
to register.

COVID-19 protocols will be followed. Masks required.