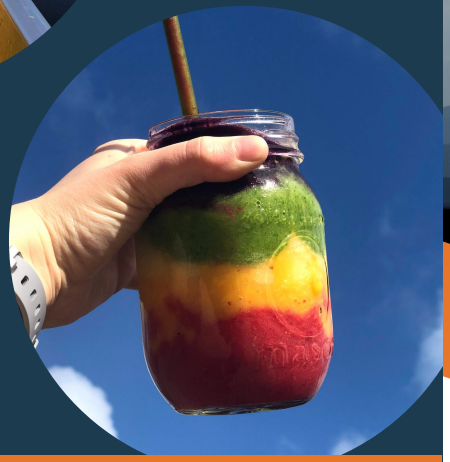

Program Overview

Designed to improve the health and well-being of urban Indigenous communities.

Across the lifespan

Creating community relationships

Helping to achieve healthy lifestyle goals

UAHL COORDINATOR

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Ne-Chee Friendship Centre

OFIFC
Ontario Federation of Indigenous Friendship Centres

URBAN ABORIGINAL HEALTH LIVING PROGRAM

Ne-Chee Friendship Centre

"A healthy outside starts from the inside"

- Robert Urich

4 COMPONENTS

1.Nutrition Education & Awareness

To develop and support healthy eating practices.

2. Physical Fitness & Sport Recreation

Promoting healthy active lifestyles through different forms of movement

3. Commercial Tobacco Cessation

Reducing the use of commercial tobacco including vaping. Rekindling traditional tobacco relationships

4. Youth Leadership & Engagement

Creating opportunities for youth leadership and positive youth engagement within the community

PROGRAMMING

EXERCISE CLASSES

A variety of exercise classes for everyone. Classes may include, strength training, HIIT style, Tabata, Cardio Kickboxing.

Or use our gym for your own workout. Gym includes squat rack, variety of free weights, treadmill and multiuse functional trainer.

COOKING CLASSES

Virtual cooking classes where you will learn different recipes and the nutrition behind it. Each month features a different theme for the classes.

SPORTS NIGHTS

Opportunities to get the community participating in recreational sports. Sports nights could include open field sports nights, outdoor court sports, & gym nights

WORKSHOPS & WEBINARS

Variety of in person and online workshops and webinars. Topics may include, nutrition, smoking cessation, budgeting, meal planning, traditional knowledge and story-telling.

LANDBASED PROGRAMMING

Programming to get individuals out on the land, especially the youth. Activities may include; hiking, biking, canoeing, kayaking, overnight trips, snowshoeing & skating.