

# Ka :nen Our Children Our Future

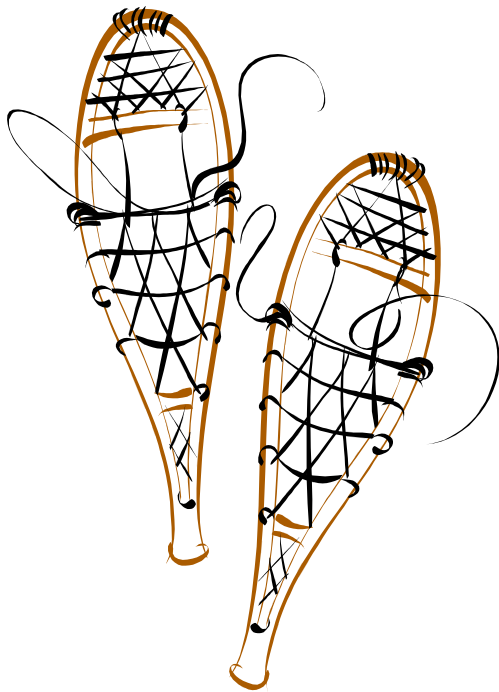


**Bmikwe endso-giizhgak**

Making Tracks Everyday



## We need Volunteers & Participants SNOWSHOEING FOR FAMILIES



**Do you Love:**

- the outdoors
- snowshoeing
- living a healthy lifestyle
- working with families

**Would you like to share your knowl-  
edge and experience with our families**

**“Become a volunteer” or sign up**

**as a participant**

Ka:nen (Our Children Our Future) is actively working with Aboriginal communities across Ontario to promote healthier lifestyles through positive changes in nutrition and physical activities. Aboriginal people face higher rates of chronic diseases such as diabetes, heart disease, stroke and obesity. Keeping active decreases these health risks.

**Bmikwe endso– giizhgak “Making tracks everyday Program” is in your Community.**

Please contact: Community Action Program for Children (CAPC)

Canada Prenatal Nutrition Program (CPNP)



YOUR CONTACT INFO HERE



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