

Ka:nen Our Children Our Future



Bmikwe endso-giizhgak



Making Tracks Everyday

We need Volunteers & Participants



“WALKING WITH STROLLERS”

Benefits of regular walking:

- **Socializing with family & friends**
 - **Can reduce blood sugars**
 - **Strengthen bones**
- **Relieves stress and tension**
- **Along with healthy eating walking can help maintain a healthy weight**

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)



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