

Children carry such powerful medicine into the family that the children are really the change agents of the family. It's not the parents, it's the children.

~Mohawk teacher Diane Longboat



Are you an Aboriginal parent or service provider?
Visit www.letsbehealthy.ca for tips and ideas
on preventing childhood obesity.

**Let's be
healthy
together!**

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*best start
meilleur départ*

by/par health **nexus** santé

GETTING ACTIVE