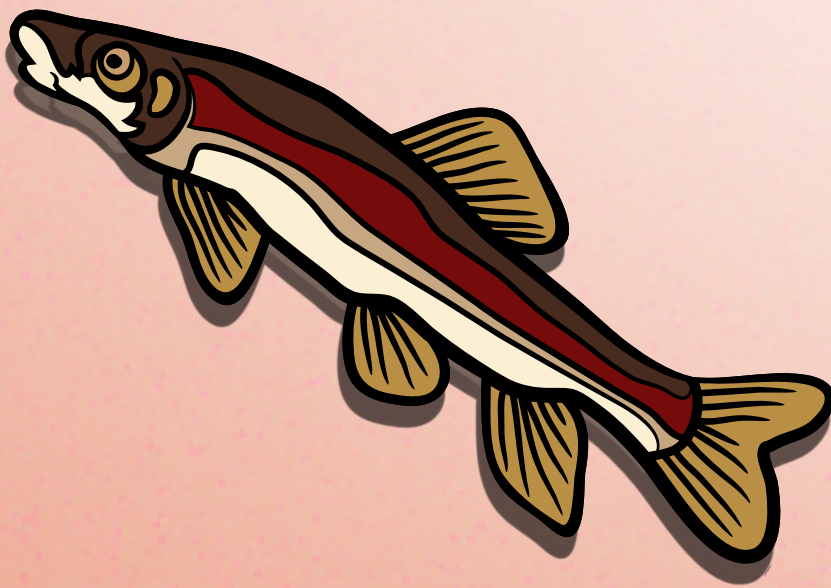


# MAAMAAWI' HEALTH PROMOTION PROGRAM

MAAMAAWI' IS A WORD FOUND IN BOTH ANISHINAABEMOWIN AND NĒHIYAWĒWIN LANGUAGE THAT MEANS "TOGETHER".



## april 2026

### namebine giizis (sucker moon)

THE FOURTH MOON OF CREATION IS THE SUCKER MOON - WHEN THE SUCKER GOES TO THE SPIRIT WORLD IN ORDER TO RECEIVE CLEANSING TECHNIQUES FOR THIS WORLD. WHEN IT RETURNS TO THIS REALM, IT PURIFIES A PATH FOR THE SPIRITS AND CLEANSSES ALL OUR WATER BEINGS. DURING THIS TIME WE CAN LEARN TO BECOME HEALED HEALERS.



Anishnawbe Health Toronto

Monday	Tuesday	Wednesday	Thursday	Friday
<b>oral health awareness month</b> WORKING TOWARDS GOOD ORAL HEALTH INCLUDES BRUSHING, FLOSSING, VISITING YOUR DENTIST, AND MONITORING YOUR SMOKING AND EATING HABITS. YOUR TEETH, GUMS, & THEIR SURROUNDING TISSUES ARE VERY IMPORTANT BECAUSE THEY SUPPORT OUR OVERALL HEALTH AND WELL-BEING THROUGHOUT OUR LIFE! A HEALTHY MOUTH ALLOWS INDIVIDUALS TO EAT, SPEAK, AND SMILE WITH COMFORT, WHICH POSITIVELY IMPACTS THEIR PHYSICAL, SOCIAL, AND MENTAL HEALTH. AHT HAS A LOVELY DENTAL TEAM ON OUR FIRST FLOOR WHO WOULD LOVE TO SUPPORT YOU WITH YOUR & YOUR LOVED ONES' DENTAL HEALTH. PLEASE REACH OUT TO BOOK AN APPOINTMENT WITH US!		1	2 HEALTH PROMOTION OUT OF OFFICE	3 AHT CLOSED FOR STATUTORY HOLIDAY
6 AHT CLOSED FOR STATUTORY HOLIDAY	7 HEALTH PROMOTION OUT OF OFFICE	8	9	10 HEALTH PROMOTION OUT OF OFFICE
13	14 Oral Health Awareness Month : Health BINGO! 12pm-2pm All Nations Room	15 Indoor Walking Group: 11:00am-12:00pm REGISTRATION REQUIRED EAST BAYFRONT CRC 261 Queens Quay E	16 Cooking- What's this? Older Adults Group (55+) 11am-2:30pm REGISTRATION REQUIRED Community Kitchen EXT. 147 to register	17 HEALTH PROMOTION OUT OF OFFICE
20	21 Healthy Traditional Cooking Workshop: 12pm-2pm Community Kitchen	22	23 NIHB Information Session: Medical Supplies, Transport, Pharmacy and Vision Care 1:00pm-2:30pm All Nations Room	24 Social for Older Adults (55+) 12pm-3:00pm All Nations Room EXT. 147 for more info
27	28	29 Mindful Beading: Flower Pin Beading REGISTRATION REQUIRED 12pm-4pm All Nations Room	30	HEALTH PROMOTION OUT OF OFFICE