

MAAMAAWI' HEALTH PROMOTION PROGRAM

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



may 2026
waawaaskone giizis
(flower moon)

THE FIFTH MOON OF CREATION IS THE FLOWER MOON, WHERE ALL PLANTS DISPLAY THEIR SPIRIT SIDES FOR ALL THE WORLD TO SEE. THIS LIFE GIVING ENERGY IS ONE OF THE MOST POWERFUL HEALING MEDICINES ON MOTHER EARTH. DURING THIS MOON WE ARE ENCOURAGED TO EXPLORE OUR SPIRITUAL ESSENCES.



Anishnawbe
Health Toronto

Monday	Tuesday	Wednesday	Thursday	Friday
<p>physiotherapy awareness month</p> <p>PHYSIOTHERAPY, ALSO KNOWN AS PHYSICAL THERAPY, SUPPORTS YOUR BODY IN MOVING AND FUNCTIONING AT ITS BEST. THROUGH A COMBINATION OF EXERCISES, MANUAL THERAPY, AND HANDS-ON TECHNIQUES, PHYSIOTHERAPY CAN HELP REDUCE PAIN, STRENGTHEN MUSCLES, AND IMPROVE MOBILITY—MAKING EVERYDAY ACTIVITIES FEEL MORE MANAGEABLE. WHETHER YOU'RE RECOVERING FROM AN INJURY, LIVING WITH A CHRONIC CONDITION, OR SIMPLY LOOKING TO IMPROVE YOUR OVERALL PHYSICAL HEALTH, PHYSIOTHERAPY PLAYS AN IMPORTANT ROLE IN RESTORING FUNCTION, PREVENTING FUTURE INJURIES, AND SUPPORTING LONG-TERM WELL-BEING. IT FOCUSES ON HELPING YOU MOVE SAFELY AND CONFIDENTLY IN YOUR DAY-TO-DAY LIFE. AT ANISHNAWBE HEALTH TORONTO, OUR PHYSIOTHERAPISTS ARE HERE TO SUPPORT YOUR BODY HEALTH IN A HOLISTIC AND RESPECTFUL WAY. WE WELCOME YOU TO REACH OUT AND BOOK AN APPOINTMENT TO CONNECT WITH OUR TEAM.</p>				<p>1</p> <p>HEALTH PROMOTION OUT OF OFFICE</p>
4	5	6	7	8
<p>11</p> <p>HP-OA Dreamcatcher Part 2 REGISTRATION REQUIRED 12pm-3pm All Nations Room</p>	12	13	<p>14</p> <p>Cooking- What's this? Older Adults Group (55+) 11am-2:30pm REGISTRATION REQUIRED Community Kitchen EXT. 147 to register</p>	<p>15</p> <p>HEALTH PROMOTION OUT OF OFFICE</p>
<p>18</p> <p>AHT CLOSED FOR STATUTORY HOLIDAY</p>	19	20	<p>21</p> <p>Healthy Traditional Cooking Workshop: 12pm-2pm Community Kitchen</p>	<p>22</p> <p>HEALTH PROMOTION OUT OF OFFICE</p>
25	<p>26</p> <p>Indigenous Movie Screening 12pm-2pm All Nations Room</p>	27	<p>28</p> <p>Social for Older Adults (55+) 12pm-3:00pm All Nations Room EXT. 147 for more info</p>	<p>29</p> <p>HEALTH PROMOTION OUT OF OFFICE</p>