

***It's our responsibility  
as parents to raise our  
children to be completely  
self-sufficient.***

*~Swampy Cree Elder Joanne Dallaire*

Are you an Aboriginal parent or service provider?  
Visit [www.letsbehealthy.ca](http://www.letsbehealthy.ca) for tips and ideas  
on preventing childhood obesity.

**Let's be  
healthy  
together!**

THE ONTARIO  
TRILLIUM  
FOUNDATION



LA FONDATION  
TRILLIUM  
DE L'ONTARIO

**best start  
meilleur départ**

by/par health **nexus** santé

CREATING HEALTHIER  
COMMUNITIES