

***Want to help First Nations, Inuit, and Métis children feel proud of their identity?***

***Download your free copy of Prevent Childhood Obesity in Your Aboriginal Community at [www.letsbehealthy.ca](http://www.letsbehealthy.ca).***

***When you're confident in who you are, you don't have that weighing on you—trying to be someone else.***

***~Ojibwe social work student Michael Mahkwa Auksi***



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

THE ONTARIO  
TRILLIUM  
FOUNDATION



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TRILLIUM  
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**Let's be  
healthy  
together!**

PREVENT OBESITY