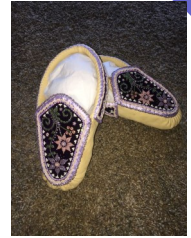


JUNE 2018



Sun	Mon	Tue	Wed	Thu	Fri 1	Sat 2	Weekly total=
3	4	5	6	7	8	9	Weekly total=
10	11	12	13	14	15	16	Weekly total=
17	18	19	20	21 National Aboriginal day	22	23	Weekly total=
24	25	26	27	28	29	30	Weekly total=

Mocc Walk Reminders:

- *Mark your progress every day
- *Record 1 point for every 10 Minutes for walking
- *Warm up and stretch first and drink plenty of water

For more information, please contact: Rachel at
rachel.george@akwesasne.ca
613-5752341 ext 3241
MCA Community Health Program

