

FREE
FITNESS & NUTRITION
PROGRAM FOR WOMEN

NOW RECRUITING FOR
January 2024!

MAKOYOH'SOKOI (WOLF TRAIL)

A 15-week wholistic wellness program
with **Indigenous** cultural and spiritual foundations



We have 5 Calgary locations near YOU! 4 in Calgary, 1 on Tsuut'ina Nation, and if you are unable to make in person - we offer a virtual program!

Miskanawah - 2716 Sunridge Way NE
Tuesdays 6:00 - 8:00 PM

Village Square Leisure Centre - 2623 56 St NE
Wednesdays 5:45 - 7:45 PM

Scouts and Lions Hall - 5303 Bowness Rd NW
Thursdays 6:00 - 8:00 PM

Circle of Wisdom (Senior-Friendly Program!): 200-1603 10 Ave SW
Tuesdays 10:30 AM - 12:00 PM

Tsuut'ina 7 Chiefs Sportsplex & Chief Jim Starlight Centre: 19 Bullhead Rd
Tuesdays 6:00-8:00 PM

Virtual: Wednesdays 5:30 - 7:00 PM (contact Michelle at michelle.nieviadomy@ucalgary.ca)

Register now for the program starting January 2024!

Contact Stacey at stacey.dyck@ucalgary.ca or Lindy at lindy.schaffrick1@ucalgary.ca
No cost & no equipment needed!

Find us at wolftrail.ca!

This study has been approved by the University of Calgary Conjoint Health Research Ethics Board. Ethics ID: REB21-1305

