

MHIM in a few words



Affaires municipales,
Régions et Occupation
du territoire
Québec

Centre de santé et de services sociaux
d'Argenteuil



Agence de la santé
et des services sociaux
des Laurentides
Québec
Direction de santé publique



March 2013

- **Two National Campaigns that Promote Health at a Provincial Scale**
- **Not to Be Missed**

Two National Campaigns that Promote Health at a Provincial Scale

Unless you've been living under a rock for the last few years, you have certainly heard about the Quit to Win Challenge and the 5/30 Health and Wellness Challenge initiated by Acti-Menu. You can register for both challenges until March 1 and the only thing it requires from you is a commitment to eat healthy and quit smoking for a short ten days.

Every municipalities of the MRC d'Argenteuil are dedicated to encouraging their citizens to register to both campaigns not only for the many prizes for which they will be instantly eligible, but because the MRC d'Argenteuil, as a unified community, believes we have to act collectively to improve health in our region.

5/30 Health and Wellness Challenge:

By registering with the Health and Wellness Challenge you commit to:

- Eating at least 5 portions of fruits and vegetables a minimum of 5 days a week;
- At least 30 minutes of daily physical activity a minimum of 5 days a week;
- Improving your lifestyle balance by setting a goal of your choice.



"My Health in Mind" is launching a friendly competition again this year and will award a Health Passport (which includes annual passes to the Lachute indoor pool, season passes to *La Randonnée* cross-country ski center in Brownsburg-Chatham, a Gym Max membership as well as promotional items, and more) to a resident of the Argenteuil municipality with the highest number of registrations on a pro-rata basis of the population. By registering, you will benefit from free support, including the Health Challenge Passport, provided exclusively at IGA supermarkets, the www.healthchallenge.ca website and receive weekly motivational e-mails.

The very dynamic actress and program host, Mélanie Maynard, has accepted to be the spokeswoman of the 2013 Health Challenge. She invites you to register on your own, as a family or as a team with friends or colleagues, before March 1 at www.healthchallenge.ca.

... Two National Campaigns that Promote Health at a Provincial Scale



Quit to Win Challenge:

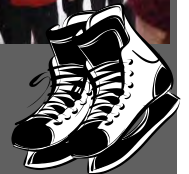
This positive and motivational campaign invites you to make a commitment to stop smoking. You also have the chance to win one of the numerous prizes, including a trip to a sunny destination. As a participant, you have exclusive access to a personal online file, the series of motivational e-mails on the www.defitabac.ca website and all the brand-

new, revised support and information tools provided in limited quantities by Jean Coutu pharmacies. Register at www.defitabac.ca before March 1, it's free of charge!

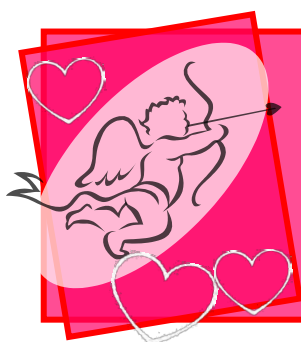
The MRC d'Argenteuil continues to be a leader when it comes to community health. To that effect, the MRC recently hosted a get-together with all the "My Health in Mind" committees and partners to celebrate the accomplishments that led to the prestigious Leadership municipal prize awarded by the Fédération québécoise des municipalités. All nine municipalities were represented and they all encourage you to register to those campaigns, if not to uphold your New Year resolution, for a healthier community. Here is a picture that commemorates the impressive feat.



New skating rinks at Mille-Isles and Brownsburg-Chatham



With sentiment of joy and accomplishment, the ribbon-cutting ceremony and first official skate took place in Mille-Isles on January 21 and in Brownsburg-Chatham on February 6. Both rinks are excellent examples of collaboration and community-wide mobilization. Congratulations to both municipalities and long life to their great unifying project!



The MRC d'Argenteuil "My Health in Mind" team wishes you a healthy Valentine's day!



Not to Be Missed

Plaisirs d'hiver Day: cross-country skiing, snowshoeing and walking

The 50+ Bouger+ committee invites you to participate to the Plaisirs d'hiver activity on Wednesday, February 20, 9 a.m. – 1 p.m., at the La Randonnée cross-country ski centre (L'Oasis golf club, 424 route du Nord in Brownsburg-Chatham). The \$6 fee includes trail access, a light lunch and door prize draws. Equipment rental is available on site. Register at 450 566-0530.

“L'activité pour mieux gérer son poids” Conference (Physical activity to control your weight)

Have you ever heard that an overweight person is, more often than not, healthier than a thin sedentary person? What you lack is the motivation? Then, the Argenteuil Health and Social Services Center offers a free conference for you. A kinesiologist will give you some tips Monday, February 11, 7 p.m. in La Source Room, 145 Providence Ave., Lachute. Register at 450 562-0271.

Gym Max opens an affordable program to attract retirees

Gym Max will soon be offering an affordable class to the elderly. Certified trainers have built a malleable workout over a 12 week period that will surely address your specific needs. For information, call Katy Foucault at 450 409-1919.

Registration for Winter Day Camp during school break for the MRC d'Argenteuil children

From March 4 – 8, the Day Camp at La Randonnée cross-country ski centre will allow youngsters aged 5 – 12 to enjoy an activity-filled week, with cross-country skiing, snowshoeing, sliding and much more! A special \$55 fee is offered for children of MRC d'Argenteuil residents. Day care and transportation services are also offered at minimal cost. The registration form is available at: www.brownsburgchatham.ca. For additional information: 450 533-6687, Ext. 2822.

Have you missed a previous column?

You can find it at www.argeuteuil.qc.ca

