

# MHIM in a few words



Affaires municipales,  
Régions et Occupation  
du territoire  
Québec

Défi Santé  
5/30 Équilibre



My  
HEALTH  
in  
MIND

Centre de santé et de services sociaux  
d'Argenteuil

0-5-30  
COMBINAISON PRÉVENTION

Commission scolaire  
de la Rivière-du-Nord



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

## June 2013

- 5/30 Health and Wellness challenge 2013
- Not to be missed

## 5/30 Health and Wellness Challenge 2013: Argenteuil Shines in the Laurentians

Were you among the Quebecers enrolled in the 5/30 Health and Wellness Challenge this spring? Better yet, were you among the 502 residents of Argenteuil registered?

From March 1 to April 11, 2013, all Quebecers were asked to eat five fruit and vegetable servings and engage in 30 minutes of physical activity every day. Each individual only had to register at [www.healthchallenge.ca](http://www.healthchallenge.ca) before March 1, 2013, and keep their health in mind afterwards!

For the second consecutive year, each of the nine municipalities in the Argenteuil MRC stepped up by enrolling for the Challenge and encouraging its residents to do the same. This enabled participants to adopt healthy lifestyle habits over a 6-week period and, by extension, to take part in a friendly competition between municipalities. Indeed, "My Health in Mind" took the initiative to give a "health passeport" (which is really just a fancy way of saying a year-long family pass to the Lachute indoor pool, season passes to La Randonnée cross-country ski center in Brownsburg-Chatham for the whole family, two Gym Max memberships as well as promotional items) to a resident of the municipality with the highest participation rate. And it is the village of Grenville, who won the competition this year!

As for the winner, it is Sylvie Coallier, to the delight of her family and her municipality, who takes home the grand prize of the friendly competition between the municipalities of Argenteuil this year. The MRC would like to thank the participation of Brownsburg-Chatham, Lachute and GymMax for pitching in when it came time to put together a prize for the 2013 edition of 5/30 Health and Wellness Challenge.

Congratulations to all and continue the consumption of fruits and vegetables as well as physical activity, even if the 5/30 Challenge officially ended April 11. The challenge is over, but summer is here!

## The Argenteuil Relay Race: A Success Story

Saturday, May 11 was held the third edition of the Argenteuil relay race to benefit the *Foudation Espoir Jeunesse d'Argenteuil* for youth with mental health problems. More than a hundred runners tackled the some 100 km that made the track of the day. The event raised over \$ 14,000 for the good cause. Congratulations to the organization for this amazing success.



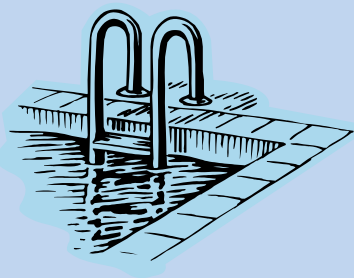
# Not to be missed

## Mini-Jeux d'Argenteuil: 9<sup>th</sup> Edition

All children 6 to 12 years of age in the MRC d'Argenteuil are invited to be active on July 11, 2013 from 9 a.m. to 3:30 p.m. at Laurentian Regional High School. Sports, healthy snacks, prizes to be won, what more could you ask for? To participate, fill out the registration form distributed at your child's school in mid-June and return it to the school, your municipality or to your local day camp. The form is also available at your town hall or online at [www.argenteuil.qc.ca](http://www.argenteuil.qc.ca) in the "My Health in Mind" section. For information, please call Dany at 450 566-0530, Ext. 2307.



## Opening of the Ayers Pool in Lachute



From June 21 to August 11, come and cool off in the outdoor pool located at Ayers Park. It's free of charge and the entire population of Argenteuil is welcome! Pool Schedule: 1 p.m. to 4:45 p.m. (for all), 5 p.m. to 6 p.m. (18 +), 6 p.m. to 7:45p.m. (for all). Hourly water games: 10 a.m. to 9 p.m. (for all). In the meantime, if the temperature rises, the water games are already open from 4 p.m. to 8 p.m. weekdays and from 12 noon to 8 p.m. on weekends.

## Samedi Vélo: 8<sup>th</sup> Season

Every Saturday until September 21, 2013 – Would you enjoy cycling just for the pleasure of it? Departure every Saturday morning at 9 a.m. from the Saint-André-d'Argenteuil elementary school at 1, rue Legault. For additional details: [www.samedivelo.ca](http://www.samedivelo.ca)



You missed the last column?



Find it at  
[www.argenteuil.qc.ca](http://www.argenteuil.qc.ca)



Ville de Lachute



Municipalité du Village  
de Grenville



## Day camps

Not to paraphrase an 80's rock star, but school's out and summer is at our doorsteps. Have you started planning your summer yet? If not, the day camps of Argenteuil are ready to receive kids aged 6 to 12. This year, 3 day camps will take place in the region, Parc Carillon, Grenville and Lachute. Hurry up, the places are going fast. To register or for any information, here's how to proceed:

Lachute: Visit [www.ville.lachute.qc.ca](http://www.ville.lachute.qc.ca) or call 450 562-3781, extension 246

Grenville: Call 819 242-0679

Parc Carillon: Call 450 537-7272