

MHIM in a few words



My
HEALTH
in
MIND



Affaires municipales,
Régions et Occupation
du territoire
Québec

Centre de santé et de services sociaux
d'Argenteuil



0-5-30
COMBINAISON PRÉVENTION



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

August 2013

- The MRC d'Argenteuil Mayor's Golf Tournament
- Not to Be Missed

The MRC d'Argenteuil Mayor's Golf Tournament: Nine Incentives, One Great Cause

Seven years ago, the MRC d'Argenteuil organized the first edition of the Mayors' Golf Tournament with a specific goal in mind: to create a fund to support amateur sports and physical activity in all its forms. The decision to establish such a fund came naturally from the elected officials of the time since the MRC d'Argenteuil became the first MRC in Quebec to adopt a "0-5-30 Combination Prevention" action plan around the same time. Now, the goal constitutes the quintessential objective of the "My Health in Mind" initiative put in motion in 2008 which is to promote the adoption of a healthy lifestyle and is testimony to the mayors' commitment towards the betterment of the community.

Since the inaugural Golf Tournament in 2007, nearly \$150,000 has been raised for the cause. Organizations such as SamediVélo, the club d'haltérophilie du Nord, the club de gymnastique Barany, the Grenville Optimist Club, the Lachute Stars, Univers Jeunesse Argenteuil, Relais pour la vie de Lachute, the Lachute Figure Skating Club as well as others have been able to benefit from support for the organization of their activities.

The MRC d'Argenteuil is proud to announce that the Mayor's Golf Tournament will be back to support local sports associations and high-level athletes with its annual fundraiser. It is on August 21 that the nine mayors will show-off their swing for a good cause and invite everybody to support it in any way they can whether it is by attending the whole event or grab a bite at the official diner while getting ready to bid on the different prestigious items at the annual auction. If you cannot make it, remember that any donation will be greatly appreciated and will be used to promote and encourage physical activity in the area. For tickets, call Dany Robillard at 450 566-0530, Ext. 2307.

The Mini-Jeux d'Argenteuil in Pictures!



Not to Be Missed

Samedi Vélo: 8th 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



Pédalons à "Fonds": 5th Edition

Come ride with SamediVélo for the benefit of the Argenteuil Hospital Foundation on Saturday, September 14. Distances of 15, 30, 60, 90, 120 or 150 km. Departures at 8 a.m., 9 a.m., and 1:15 p.m. from the Saint-André Elementary School at 1, rue Legault, in Saint-André-d'Argenteuil. For registration and information: 450 562-3761, Ext. 72 100.



Registration for fall activities

With the return to school coming soon, it is also time for activities! Check your local Municipal Bulletin, to be published this month or contact your city hall to know what is offered in you municipality.

You missed the last column?



Fin dit at www.argenteuil.qc.ca

...The Mini-Jeux d'Argenteuil in Pictures!



Mini-Jeux d'Argenteuil