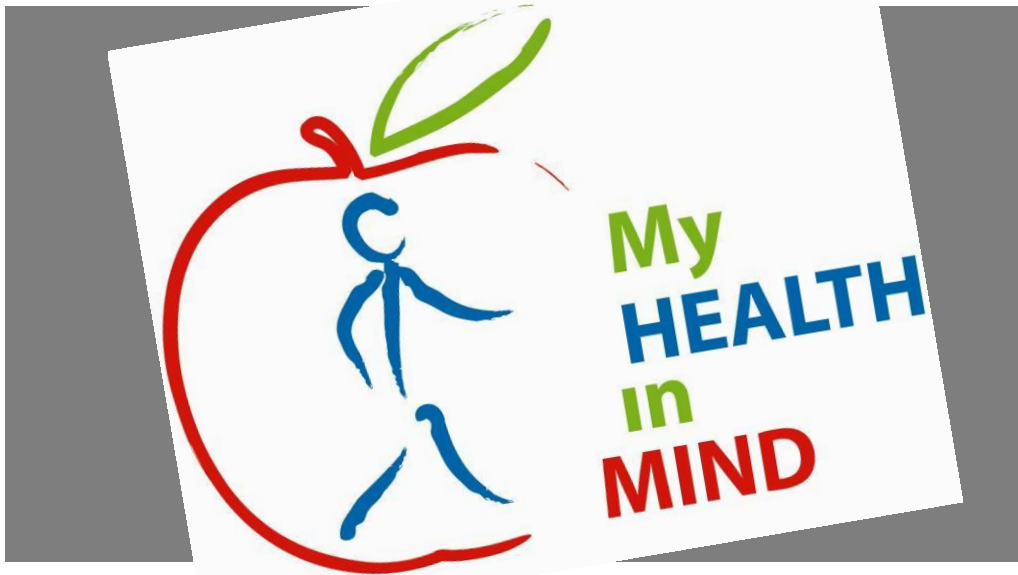


MHIM in a few words



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

January 2013

- “My Health in Mind” Arrives in Brownsburg-Chatham and Lachute
- Québec en forme Argenteuil
- Not to be missed

“My Health in Mind” Arrives in Brownsburg-Chatham and Lachute

If you have been following the “My Health in Mind” program in Argenteuil, you know that seven out of nine municipalities are fully committed to making health their number one priority. To that effect, it is with great pleasure that the MRC d’Argenteuil announces the arrival of the initiative in the remaining two municipalities, Brownsburg-Chatham and Lachute. To keep right with the program’s maxim “A unique approach for each municipality”, it will be slightly altered to really stick to the realities of the last two towns. Though tailored to their specific needs, Brownsburg-Chatham and Lachute will tackle the same issues the program has set out to improve.

- A smoke-free environment (0 tobacco);
- Healthy eating (5 fruits and vegetables or more per day);

- The practice of regular physical activity (30 minutes of daily exercise or more).

Both municipalities have started drafting an action plan that will address and act upon those three fundamental foci. Bolstered by its own experience in implementing the program in the other municipalities of the territory, the “My Health in Mind” team expects very positive and innovative initiatives from Brownsburg-Chatham and Lachute!

It is also noteworthy to mention that the “My Health in Mind” program will come to an end on December 31, 2013. Ergo, this month marks the inception of the last year of the initiative and, we hope, its most promising. Not only does it mean that this year will touch the remaining citizens residing in the last two municipalities, representing 50% of the total population of the MRC, but it also means every single

municipalities of the MRC d’Argenteuil will have an action plan wholly dedicated to health concerns in their community.

The MRC d’Argenteuil continues to be a leader in community health across the province and wishes a happy New Year to its innovative program and most importantly to all its citizens.



For the beginning of 2013, the local partners group of Québec en Forme Argenteuil is pleased to offer their very best wishes of health to all Argenteuil kids and their families. For this New Year, we promise you some exciting novelties and will focus on the adoption of physically active lifestyles and healthy diets throughout the MRC d'Argenteuil. Here are some examples:

- ✦ For all of you curious kids, go on WIXX.ca quickly, but be careful, you never know what activity is coming your way! For all parents and other curious, visit operationwixx.ca and be ready

witness a revolution amongst pre-teens in Québec!

- ✦ Family gardening near you! The project *Un trésor dans mon jardin* comes alive in several municipalities. From seed to harvest, discover the origin of food and get ready to chew on truly fresh veggies!

We caught your attention? Our local partners group is more dynamic than ever and wants to offer the whole community opportunities to move for fun! Schools, community organizations, municipal services, "My Health in Mind" committees, and more, are

invited to join the group and take action! For more information or to make your interest known, contact Renée-Claude Bergeron, coordinator of the local partners group Québec en Forme Argenteuil at 450 562-1623.

3, 2, 1, Get movin'
By Renée-Claude Bergeron



Not to be missed

Open swimming schedule at the Lachute indoor pool (452, Argenteuil avenue)

Monday, Wednesday, Friday and Saturday: 7 p.m. – 8:30 p.m. Sunday: 2 p.m. – 4 p.m.
Children and students: \$1. Adults: \$2.
Wearing a bathing cap is compulsory.

Open skating and hockey schedule

Aréna Kevin-Lowe / Pierre-Pagé, Lachute
Open skating: Mondays and Wednesdays, 3:30 p.m. – 4:30 p.m. (free of charge)
Friday, 6 p.m. – 7:15 p.m. (\$1 children, adults \$2.50)
Open hockey: Tuesday, 3:30 p.m. – 4:30 p.m.
Ages 16 + (free of charge)
Thursday, 3:30 p.m. – 4:30 p.m.
Ages 15 - (free of charge)

Aréna Gilles-Lupien, Brownsburg-Chatham
Open skating: Sunday, 12 noon – 1 :15 p.m. (\$1 children, adults \$2.50)
Open hockey: Thursday, 4 p.m. – 5 p.m. Ages 16 + (free of charge)
Friday, 4 p.m. – 5 p.m. Ages 15 - (free of charge)

Discovery Walk



The 50+ Bouger+ Committee invites you to its next walking event on Tuesday, January 15, 2013, on the enchanting site of the Wilson Waterfall in the Parc régional de la Rivière-du-Nord. For more information about the departure time and meeting place, contact Michael Dubois at 450 566-0530, ext 2305.



Vous avez manqué la dernière chronique?

Retrouvez-là au www.argenteuil.qc.ca