

MHIM in a few words



Affaires municipales,
Régions et Occupation
du territoire
Québec

Centre de santé et de services sociaux
d'Argenteuil



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COMBINAISON PRÉVENTION



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

March 2013

- **Saint-André-d'Argenteuil Gets Political**
- **Nutrition Month: Best Food Forward – Plan, Shop, Cook, Enjoy!**
- **Not to be missed**

Saint-André-d'Argenteuil Gets Political

The “My Health in Mind” committee of Saint-André-d'Argenteuil has taken upon itself to make their municipality a healthier community, as are the 8 other committees of the MRC of Argenteuil. Where the Saint-André-d'Argenteuil committee differs from the rest is that it is one of the first to undertake political actions to make it so. Indeed, they drew a notice of motion which argues the necessity for a bylaw favouring healthy lifestyles. The already health-conscious Town Council voted unanimously in favour of bylaw 84 which stipulates the following:

Smoking and Second-hand Smoke

It is now prohibited to smoke:

- On every municipally owned property (parks, camping, tennis court, etc.), building, machinery, or vehicle;

around municipally owned properties;

- And during all public events (even outdoors).

Healthy Eating

- The municipality takes it upon itself to make available healthy food to its citizens during popular events.

Budget

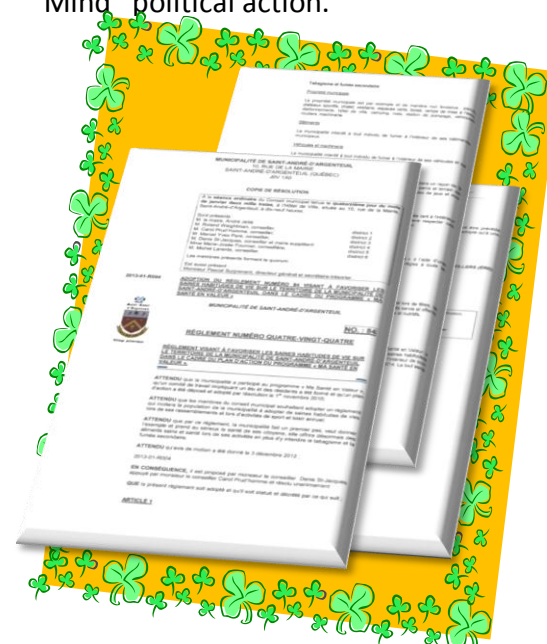
- The council has voted an annual budget in order to sustain initiatives undertaken by the “My Health in Mind” committee after the program ends in December 2013.

Bylaw 84 and its articles were implemented January 2013.

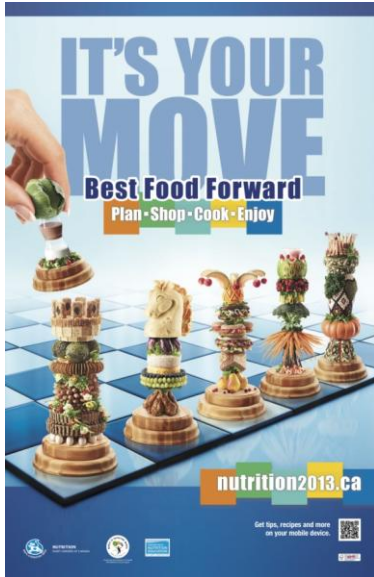
The municipality of Saint-André-d'Argenteuil shines on a regional level through this inspiring initiative. The front fighting for better lifestyles as grown to be threefold:

social, environmental, and political. It is only with a united front that they will see tangible results of their great efforts towards the betterment of their community health.

Other municipalities are also on their way to adopting new bylaws dedicated to the promotion of healthy lifestyles. Keep your eyes peeled for the next “My Health in Mind” political action.



Nutrition Month: Best Food Forward – Plan, Shop, Cook, Enjoy!



Many Canadians think they are eating well, but research found that the majority of us struggle with making healthier food choices at least half the time we shop.

Nutrition Month® 2013 is dedicated to helping Canadians put their 'Best Food Forward' when grocery shopping. The campaign website offers you great tips to help you set up good practices, and allow you to make informed decisions about meal planning, so you plan and prepare healthier meals for your family. It also provides you easy recipes, nutritive tips and alternatives, as well as printable material to remind you to keep up with the healthy choices.

Visit www.nutrition2013.ca for more information.



Last month was the 7th edition of the Plaisirs d'hiver activity organized by the 50+ Bouger+ Committee. Though the weather had a little impact on participation, the activity remains a great success. The committee would like to thank the City of Brownsburg-Chatham and the staff at La Randonnée Cross-Country Ski Center for their warm welcome. We encourage you to continue visit La Randonnée till the end of the season to enjoy to the fullest the joys of winter.

Not to be missed

“Mangez et bougez...contre le cancer” Conference

Since everyone knows someone who has been affected by cancer, we are more and more interested in the idea of preventing this scourge. The Argenteuil Health and Social Services Centre healthy lifestyle habits team nutritionist and kinesiologist invite you to a free workshop on Tuesday, March 26, 2013. Information and registration at 450 537-3527, ext. 2706.

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)



You missed the last column?

Find it at
www.argeuil.qc.ca