

Twelve Days of Health

1 May Wed.	2 May Thurs.	3 May Fri.	4 May Sat.	5 May Sun.	6 May Mon.
<p><i>Commit to taking the stairs at work!</i></p> <p>10:30 am Walk to Music Walking track at École Domaine Étudiant in Petit-Rocher. Walk is open to students of École Domaine Étudiant, Le Tournesol and the community.</p> <p>7 pm TAOIST TAI CHI with Veronica Stever Alpine Lounge at K.C. Irving Centre. Ages 15+, comfortable clothes and shoes are a must.</p>	<p>10 am - 11:30 am Label reading tour at Sobeys (in English) Please call 546-9239 to register.</p> <p>10 am Dusty Sneakers at Pavillion gymnasium, St. George St.</p> <p>2:30 pm - 3:30 pm Mini Volleyball École La Découverte, St-Sauveur (open to all)</p> <p><i>Try a new vegetable today!</i></p>	<p>End your week with a healthy workplace lunch! </p> <p>12 pm (noon) Finish off the week by walking the bridges with a friend!</p> <p>Volunteer at your local animal shelter and become a dog walker!</p> <p><i>Grocery cart makeover! Put more vegetables & fruit in your cart & few, if any, packaged snacks or treats.</i></p>	<p>10:30 am - 11 am Smurfit-Stone Library Story Hour - all ages City Hall, St. George St.</p> <p>Book Sale - library </p> <p>11 am - 3 pm Observation Rally at Daly Point Nature Reserve, Carron Drive Contact 548-0778 for more information and to register.</p> <p>1 pm - 4 pm Bathurst SPCA Pet Adoption Fair at Place Bathurst Mall.</p>	<p>12:00 pm Come walk with us! with Chaleur Palliative Community Services at La Promenade Waterfront (walk, zumba, magician, etc.) for details visit website www.chaleurpalliative.ca</p> <p>Unwind with a screen free weekend/day; no cell phone, no internet, no TV. Spend time with those around you.</p> <p><i>Think before you drink. Choose drinks with no added sugar most of the time.</i></p>	<p>12 pm (noon) Mental Health walk departing from Pavillion on St. George Street</p> <p>Take up a new physical activity! It's more fun with a friend or co-worker</p> <p>Start of Hunger Awareness Week Make a donation to your local food bank!</p> <p><i>Are you thirsty? Water and milk, please!</i></p>
7 May Tue.	8 May Wed.	9 May Thurs.	10 May Fri.	11 May Sat.	12 May Sun.
<p>10 am Dusty Sneakers at the Pavillion Gymnasium</p> <p>12 pm (noon) Belly Dancing K.C. Irving Regional Centre</p> <p>7pm - 9pm Badminton \$3.00 per person bring your own racket, at the Pavillion Gymnasium</p> <p><i>Fill your grocery cart with healthy snacks. Choose yogurt, fruits, vegetables, whole grain crackers, almonds and nuts.</i></p> <p><i>Choose snacks that fuel you with long-lasting energy, not those that just satisfy a quick craving.</i></p>	<p>Open House at Chaleur Resource Centre for Parents at Bathurst Youth Centre, St. Anne Street</p> <p>12 pm (noon) Movement workshop with Erin Hennessy at Bathurst Youth Centre, St. Anne Street (open to all)</p> <p>6 pm Learn to Run with Jennifer Butler at K.C. Irving Centre</p> <p><i>Are you thirsty? Water and milk, please!</i></p> <p><i>Limit after school video-gaming. Help teens to plan active time around the home or outdoors instead!</i></p> <p><i>Try a new sport! More daily physical activity provides greater health benefits.</i></p>	<p>10 am Dusty Sneakers at the Pavilion</p> <p>10 am - 11:30 am Label reading tour at Sobeys (in French) Please call 546-9239 to register.</p> <p>10 am Grand opening of outdoor class and green house École FX Daigle, Allardville (open to all). Hunger Awareness Day, Community celebration hosted by the Comité d'entraide d'Allardville et de St-Sauveur. Lunch will be served and various activities scheduled for the afternoon.</p> <p>2:30 pm - 3:30 pm Mini Handball École La Découverte, St-Sauveur (open to all)</p> <p>4 pm - 8 pm Information booths by various organizations on family health and healthy relationships at Place Bathurst Mall</p>	<p>12 pm (noon) YOGA with Sylvie Légère, Seniors Room KC Irving Centre</p> <p>Start your weekend on the right foot; walk around the bridges with a friend or your pet.</p> <p><i>Keep your grocery budget under control. Make a list and stick to it!</i></p> <p><i>Instead of video games in the evening, introduce the family to a new active game.</i></p>	<p>9 am - 1 pm Birding 101—Walk with Roger Guitard at Daly Point Nature Reserve Call 548-0778 to register (\$10.00 per person, children under 12 free)</p> <p>1 pm - 3 pm International Migratory Bird Day rallye. Daly Point Nature Reserve</p> <p>5 pm - 6 pm Come exercise in the pool with Viva Action at Bathurst Aquatic Centre (max. of 50 persons)</p> <p><i>Unwind with a screen free weekend/day; no cell phone, no internet, no TV. Spend time with those around you.</i></p> <p><i>Water is free, take advantage!</i></p>	<p>National Health Day! </p> <p>Mother's Day!</p> <p>10 am - 12:30 pm celebrate Mom by taking her for a family walk at Daly Point Nature Reserve. </p> <p>Enjoy Daly Point Nature Reserve's beauty. Bring your picnic basket and have a family picnic.</p> <p><i>Spending less time being sedentary can help children:</i></p> <ul style="list-style-type: none"> ● Maintain a healthy body weight ● Do better in school ● Improve their self-confidence ● Have more fun with their friends ● Improve their fitness ● Have more time to learn new skills



Canada Health Day
Journée nationale de la santé

**For more information please call;
Yvette Lavigne Frank at 548-0504**









BATHURST HEALTHY COMMUNITY NETWORK



Canadian Healthcare Association
Association canadienne des soins de santé
www.cha.ca



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