

WEIGHT? NO COMMENT!

Baie-Comeau, November 25, 2021 – As part of the “Weight? No comment!” Week held from November 29th to December 3rd, the prevention and healthy lifestyle habit promotion officers of the Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord will host an awareness workshop in various organizations of the region.

Closing the door to comments on weight

The 60-minute workshop leads a discussion to better understand the consequences of comments regarding weight and appearance, as well as tips and tricks on how to deal with them.

The “Weight? No comment!” Week aims to raise awareness on the pervasive presence and negative consequences of comments on weight and appearance among the population, especially teenagers. The focus of the 2021 edition is the importance of “closing the door to comments on weight”.

For more information, [visit the website of the campaign](#) (French only).

Organizations, schools and businesses interested in receiving the awareness workshop are invited to contact their territory’s prevention and healthy lifestyle habit promotion officer.

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Source: Jean-Christophe Beaulieu
Information officer
Centre intégré de santé et de services sociaux de la Côte-Nord
418 962-2572, ext. 414009