

**PHYSICALLY ACTIVE LIFESTYLE
FREE WORKSHOPS OFFERED BY OUR KINESIOLOGISTS**

Baie-Comeau, February 13, 2024 – Over the next few weeks, kinesiologists from the Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord will be offering workshops on how to adopt a physically active lifestyle.

These free workshops will be presented at various locations across the region. In addition to providing information on what a physically active lifestyle is, the workshops will encourage participants to reflect on the subject through real-life situations. Barriers, motivation and goals will also be addressed in a dynamic format.

Workshops are scheduled between now and the end of February in Fermont, Havre-Saint-Pierre, Sept-Îles, Port-Cartier, Baie-Comeau and Les Escoumins. In March, virtual sessions will be held on the Lower North Shore and throughout the region. For locations and dates, please visit the CISSS de la Côte-Nord [website](#).

Anyone interested can register now by contacting at 418 589-9845, ext. 252291 or sending an email at projets.santepublique.09@cisss.sante.gouv.qc.ca.

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Source: Pascal Paradis
Communication advisor
Centre intégré de santé et de services sociaux de la Côte-Nord
418 589-9845, ext. 252268