

## WORKSHOPS TO IMPROVE QUALITY OF LIFE OF NORTH SHORE RESIDENTS

**Baie-Comeau, September 9, 2024** – The Centre intégré de santé et de services sociaux (CISSS) is proud to announce the launch of a series of free workshops designed to improve the quality of life of North Shore residents. These workshops, offered online and in person, will be given by Direction de santé publique professionals and will cover four main themes:

- Stop smoking/vaping: Discover the best ways to overcome addiction
- Positive mental health: Explore different topics such as anxiety, screen time, parental fatigue and co-parenting
- Healthy eating: Learn how to plan nutritious and varied meals
- Physical activity: Discover and perform exercises adapted to all levels of fitness

### **New faces, new knowledge and lasting change**

In addition to improving physical and mental health, the workshops starting this fall will be an opportunity to learn more about healthy lifestyle habits and adopt new self-care strategies. Thanks to the group workshop format, participants will be able to discuss ideas and meet others who share their desire to pursue new goals. The professionals giving the workshops are there to help participants achieve their goals, and thus bring about lasting change.

“With these workshops, we want to help participants take away practical tools to improve their health through a daily commitment to change,” said Stéphane Talbot, Planning, Programming and Research officer (physical activity advisor) at CISSS de la Côte-Nord.

### **To participate**

Visit the [“Health and wellness workshops”](#) page on the CISSS website and fill out the registration form  
Or  
Call 1 844 407 -0967.

Several dates are available in different municipalities on the North Shore. Register now!

- 30 -

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