



Vaudreuil-Dorion

PRESS RELEASE

L'avenir est ICI

FOR IMMEDIATE RELEASE

Vaudreuil-Dorion puts the focus on healthy living during the month of May

Vaudreuil-Dorion, April 26, 2021 – The City of Vaudreuil-Dorion is taking advantage of the month of May, the month dedicated to physical activity, to present its citizens with a wide array of activities to encourage them to adopt healthy lifestyle habits. From April 30th to May 29th, topics such as healthy eating, wellness and physical activity will be among the themes featured in video conferences, workshops and activities offered in several parks across the territory, all in accordance with current health measures.

"Adopting a healthy lifestyle goes well beyond participating in sports. Our programming includes everything from yoga to creative arts, an outdoor training circuit, gardening, and cycling, to name just a few of the activities that residents of all ages will be able to take part in," said Vincent Bastien – Director of Recreation and Culture.

Mayor Guy Pilon believes that citizens will be pleased with this initiative: "With gyms being closed, we are especially pleased to be able to offer individual outdoor training in our parks. Short explanatory videos will be available for viewing using the QR codes on posters. I really think that, more than ever, people need ways to take their mind off things. Our role as a City is to provide them with a safe variety of options to be able to do so."

The full programming is available on the City's website, under Recreation and Culture/ Activities and Events/Healthy Living. Some activities require registration.