

News Release

FOR IMMEDIATE RELEASE

2013-2014 Promotional Visits: Come, Let Us Enjoy Life Together!

Kuujjuaq, Québec, January 16, 2014 – Early in the new year, the diabetes program of the Nunavik Regional Board of Health and Social Services is continuing the promotion of healthy lifestyles through the "Come, let us enjoy life together!" activity.

The activity has two components. The first consists of general information sessions and the prevention of complications for all diabetic persons of Nunavik, whereas the second deals with prevention and the promotion of healthy lifestyles among schoolchildren. For that purpose, regional visits will be made by two young Inuit role models, Andrea Brazeau and Julia St-Aubin. As true sports inspirations in Nunavik, these young students were recently recognized as women to watch by the Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS).

Having begun their visits in November 2013, the two students of Ulluriaq School in Kangiqsualujjuaq are visiting the 17 schools of Nunavik to inspire youths to adopt healthy lifestyles through balanced nutrition, regular physical activity, sufficient sleep, cultural activities and much more. Athletes and participants in the Grand Défi Pierre-Lavoie 2013, Andrea and Julia captivate their audiences with various anecdotes and encourage young, local role models to continue their efforts at stimulating their communities to adopt a similar lifestyle.

So far, the schools of Kangiqsualujjuaq, Aupaluk and Tasiujaq have been visited, and those of Kangirsuk and Quaqtaq will be the first to welcome them in 2014, followed by those of Kangiqsujuaq and Salluit.

The NRBHSS is a public agency created in 1978 under the **James Bay and Northern Québec Agreement**. It is responsible for nearly the entire territory located north of the 55th parallel in terms of the provision of health and social services for the inhabitants of the 14 communities.

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Source: Nunavik Regional Board of Health and Social Services

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