
Municipalities of Brome-Missisquoi collaborate to encourage a healthy lifestyle amongst youth

Cowansville, November 18th 2009. To encourage a healthy and an active lifestyle amongst youth between 0-17 years old, **Brome-Missisquoi youth in motion** was created. The program offers a variety of activities in the Brome-Missisquoi region including: cooking classes for kids, nutritional workshops for parents, motor skills workshop for children under 5, elementary afterschool sports programs as well drop-in gym sessions for teenagers.

The program was put in place thanks to the collaboration of representatives from schools, daycares, non-profit organisation, municipalities, and community workers within the MRC region. Together, the municipalities of Cowansville, Farnham, Lac-Brome, and Sutton joined forces to plan a variety of activities that not only answer the specific needs of youth, but also take advantage of equipment and infrastructures already available in these communities. The municipality of Bedford participated in the planning of the program and will be joining the group in the near future.

The 2009-2010 calendar offers activities for each of the MRC poles. Information can be found on the MRC website (<http://www.brome-missisquoi.ca>) in the "Interesting news" section which contains a complete list of activities per municipality as well as the name and coordinates of representative from each town.

The **Brome-Missisquoi youth in motion** project is financed by the Québec en Forme program. For more information you can contact the project's coordinator, Catherine Lizotte at 450 266-4342, option 4, extension 4422.

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