



**News Release
For immediate release**

The Outdoors, Health and Wellbeing are at the Heart of this Event!

Gatineau, Thursday, February 14, 2008 – More than ever before, health will be the main focus on this 30th anniversary, with the help of *La Boîte à grains*, *Moca Loca* and *Fontaine Santé*. We have organized workshops for anyone interested in learning more about health, the outdoors and, through it all, wellbeing. These workshops are free and will be given at École secondaire Mont-Bleu on February 15, 16 and 17, 2008.

Workshop Dates

WORKSHOPS GIVEN BY LA BOÎTE À GRAINS

(In french only)

At the Winter Sports Industry Agora

Healthy Eating (La santé par l'alimentation)

Saturday at 9:30 a.m.

The importance of fibres, maintaining your healthy weight and protein balance.

The Atrosan Solution (La solution Atrosan)

Saturday at 11 a.m. and Sunday at 2 p.m.

For people with muscle or joint pain who want to improve their mobility.

Beating Pain and Inflammation (Vaincre la douleur et l'inflammation)

Saturday at noon

Learn how to beat pain and inflammation.

Bio-Strath Fortifier (Fortifiant Bio-Strath)

Saturday at 2 p.m.

A presentation on this fortifier, which helps fight fatigue, anxiety, stress, etc.

Performance Superfood (Le superaliment pour les performances)

Sunday at noon

Exploration of the benefits of Maca, a discovery from Peru

The Key to Longevity (Une clé de longévité)

Sunday at 9:30 a.m.

Is it possible to live a long and healthy life without suffering from thousands of ailments?

WORKSHOP GIVEN BY FONTAINE SANTÉ

Nordic Walking

Saturday and Sunday, at 10:15 and 11:15 a.m. and at 1:00 p.m.

Initiation to Nordic Walking, an accessible outdoor sport. Give it a try, poles will be provided!

GIRLS ON TRACK / EN PISTE LES FILLES (BILINGUAL/BILINGUE)

Saturday at 2 p.m.

Outdoor activity in the company of a female international cross-country skier.

WAXING WORKSHOP / ATELIERS DE FARTAGE

Friday at 6:00 and 7:00 p.m.

How to wax your skis for a 53 km