

LE RAWDON NOIS

MUNICIPAL BULLETIN

March 2018

St-Patrick 40th anniversary

It's a date on Sunday March 18th!

A colorful St-Patrick's Day parade is being organized to celebrate this feast, for its 40th year in Rawdon!

Activities and entertainment will take place on Queen Street, between 4th and 6th avenues. There you will find food stands, a mechoui, buskers as well as the Green Zone.

At Collège Champagneur, there will be activities for the whole family, food, face painting for children, a bonfire and entertainment.

This year, the parade will take a different

route; it will head out from the **municipal beach** at 2 pm and will wind its way up to Church Street.

Hats and buttons are on sale at the following locations:

- MD Sport
- La Lanterne Restaurant
- Assurance Sylvie Véronneau
- Transfo Gym
- Town Hall

Additional activities that should not be missed:

Sunday March 11th at 10 am
St-Patrick's Day Brunch at the Rawdon Golf Club - 3999, Lakeshore Dr.
\$20 / person

Friday March 16th
Happy Hour at the Sim's - 3636, Church St.

IN SEARCH OF CITIZENS

Several committees	2
SDCO	6

ENVIRONMENT

Water meters: a new measure to reduce water consumption	4
---	---

DAY CAMP 2018

Activities	8
------------	---

MUNICIPAL OFFICES CLOSED

on March 30th and April 2nd for the Easter holiday. The library will be closed on March 30th and April 1st.

NEXT COUNCIL MEETINGS

Thursday March 15th 7 pm
Thursday April 5th 5 pm
Thursday April 19th 7 pm
Thursday May 3rd 5 pm
Metcalf Centre • 3597 Metcalfe St.



Rawdon

Strength through diversity



rawdon.ca

Credit photo : Guillaume Morin

NEWS

Highlights **2**

In the community **3**

Call for applications - Sustainable
Development Coordination Office **6**

Snowmobile theft **6**

ENVIRONMENT

Water meters **4**

Cross connections **5**

Environment day **5**

Washable diapers **5**

Residual waste **5**

PUBLIC WORKS

Important informations **6**

Upcoming work **6**

RECREATION & CULTURE

2018 Spring program **7**

Health Challenge **7**

Day Camp **8**

LIBRARY

Activities **9**

ORGANIZATIONS

Activities **10**

.....
EDITING: Communications
COLLABORATION: Municipal Departments
LAYOUT: Communications
PRINTING: Impart Litho
COPIES: 6200
.....

MUNICIPALITY OF RAWDON
TOWN HALL
3647 Queen St.
Rawdon (Quebec) J0K 1S0
450 834.2596

OFFICE HOURS
Monday to Friday 8 am to noon and 1 pm to 4 pm

ALICE-QUINTAL LIBRARY
3643 Queen St., Rawdon (Quebec) J0K 1S0
450 834.2596, ext. 7162

LIBRARY HOURS
Tuesday, Wednesday and Friday 1 pm to 8:30 pm
Saturday 9:30 am to 4 pm | Sunday 1 pm to 4 pm
.....

NEXT ISSUE: May 2018

Legal deposit: BAnQ2018
Parution le 7 mars 2018
.....

IMPORTANT NOTICE:
The information presented in the Municipal
Bulletin does not replace the texts contained in
the different by-laws of the Municipality of
Rawdon. The by-laws are subject to change at any
time.

NEWS



THE BIG CHILL 2018

Thank you to all participants and staff! Thank you as well to our valued sponsors in the following categories:

GOLD: La Lanterne Restaurant and Caisse Desjardins de Montcalm et de la Ouareau

SILVER: Les Oiseaux de ma cour, Hôpital vétérinaire de Rawdon and DERYtelecom

BRONZE: Larocque & Lefebvre, Home Hardware, Benny Restaurant, Napa Auto Parts, Super Marché Métro Plus Boucher, Proxim, L'Ami du Bûcheron, Compo Recycle and Rona Tinsco.

.....

IN SEARCH OF CITIZENS FOR DIFFERENT COMMITTEES

Would you like to get involved with your Municipality? You could sit on one of our committees. Please send us an email with your contact information along with some detail to the nature of your interest and your availability.

TOWN PLANNING ADVISORY COMMITTEE

rracine@rawdon.ca

You have an interest in town planning and land management? You are recognized for the following skills and abilities?

- Good judgment and analytical skills;
- Sense of cooperation and team spirit;
- Integrity.

You are the person we are looking for!

MAIN STREETS COMMITTEE

rracine@rawdon.ca

We are looking for local merchants to develop and energize on economy, with the aim of improving our citizen's and visitor's quality of life.

ECONOMIC DEVELOPMENT COMMITTEE

imenard@rawdon.ca

We are looking for Rawdon citizens to fill 7 positions, one position per age group; 15-17 yrs, 18-25 yrs, 25-39 yrs, 40-50 yrs, 50-60 yrs, 60 and over, as well as a position for a person with reduced mobility.

Please note that the interested parties will be contacted in early April. We thank you for participating in large numbers.

CLOSURE OF ONE LANE ON THE 3RD AVENUE BRIDGE

The ministère des Transports, de la Mobilité durable et de l'Électrification des transports (MTMDET) has closed one lane to traffic on the Rte 337 bridge (3rd Avenue bridge), for an indefinite period of time. Load limits remain unchanged, that is 24 t-38 t-50 t. The work will end in November 2020.

A MULTITUDE OF BENEFITS FOR EVERYONE!



Make your travelling more cost efficient by carpooling or by using public transportation. By consulting the free website (embarquelanaudiere.ca), you can find numerous routes and save up to \$2,000 per year by avoiding driving your car solo. Also, reducing the number of cars on the road reduces the risks of collisions, delays and improves the quality of our air.

FREE APPLICATION – RECALLS AND SAFETY ALERTS

Did you know that, in addition to the healthycanadians.gc.ca website, there is a free Recall and Safety Alert app now available? For Apple, Android and Blackberry devices, this app sends up-to-date information regarding health and safety, issued by the Government of Canada, directly to your cell phone.

FOR PEOPLE AGED 50 YEARS AND OVER

L'Office municipal d'habitation de Rawdon wishes to renew its bank of applicants for Résidence Ensoleillée (3220 12th Avenue) and Résidence St-Patrick (4501 Queen Street). These low-income housing apartments are for people aged 50 years and over, alone or in a couple, with no dependents. To be eligible, you must have resided in Rawdon for 12 consecutive months during the last 24 months.

For more information please call 450 834.3317

IN THE COMMUNITY

CONGRATULATIONS GO OUT TO:



Mr. Eugène Labonté of the Résidence Ste-Anne, who celebrated his 100th birthday on December 27th, 2017.



Miss Camille Cyr who won the reading contest « Champion de lecture », organized by the Alice-Quintal Library. Camille, aged 7, read 240 books in 2 months!

Miss Pierrette Perreault who has taken a well-deserved retirement after nearly 55 years of volunteer work. A great big thank you from the citizens of Rawdon.

Mrs. Geneviève Chaussé whose work, an object-book, was part of the display at the Canadian War Museum, from September 30th to November 12th 2017.



WATER METERS

On February 15th 2018, the Municipality of Rawdon adopted its draft by-law 119-2018 on water meters. This new regulation is part of the provincial government's adopted water conservation strategy *Stratégie québécoise d'économie d'eau potable*, which aims to reduce drinking water production in the province by 20%.

This by-law is also part of the Municipality of Rawdon's strategic sustainable development plan and the objectives set out in its 2016-2030 Integrated Action Plan.

Beginning this spring, owners of institutional, commercial and industrial buildings, serviced by an aqueduct network, will be informed of the details pertaining to the distribution and installation of water meters.

The water meter is a device that measures the volume of water consumed, in real time, in cubic metres (m³). It is connected to the service entrance of a building and measures consumption continuously.

This approach to drinking water conservation is beneficial to the whole population and will ensure the sustainability of this invaluable resource for future generations.

Any new construction connected to the aqueduct network will also have to be equipped with a water meter. Through the installation of water meters, the Municipality also intends to conduct a sampling, to evaluate water consumption in residential buildings (selected randomly).

Any request for information may be addressed to the municipality's Department of Public Works – Environmental Health Division.



CROSS CONNECTIONS

INSPECTION OF CERTAIN RESIDENCES IN THE SUMMER OF 2018

In order to eliminate the discharge of untreated wastewater, the Municipality of Rawdon will conduct the inventory of cross-connections. The objective of this project is to improve the quality of our water that is our collective wealth.

WHAT IS A CROSS CONNECTION?

It is a pipe connection or defective equipment that allows sanitary wastewater (contaminated with human waste and detergent) to flow into a storm sewer system, ditch, soil or stream. It consequently ends up in the environment without having undergone treatment.

WHY IS THE MUNICIPALITY INSPECTING CROSS-CONNECTIONS?

Under the Programme d'infrastructures Québec-Municipalités, the Municipality of Rawdon is required to establish a cross-connection elimination program to reduce the contamination of our waterways. This program covers all buildings in the municipality that are connected to a storm sewer network.

The Municipality will begin with inspecting the storm water outlets, followed by, if required, the inspection of the storm sewer network, to identify any problematic sections. The owners of the targeted sectors will then be notified of the municipal employees' visit. The latter will perform color tests to determine where the wastewater is flowing, thus pinpointing the cross-connections.

ENVIRONMENT DAY

SATURDAY MAY 12TH AT COLLÈGE CHAMPAGNEUR

Watch the Municipality's website for complete program information for this day dedicated to the environment. Visit [rawdon.ca/Citizens/Environment/Environmental news](http://rawdon.ca/Citizens/Environment/Environmental%20news).

There will be several gifts offered: plants, compost, residual waste sorting memory-aids and drinking water conservation kits.

WASHABLE DIAPERS

FINANCIAL ASSISTANCE PROGRAM

Did you know that...

- Disposable diapers represent the third largest waste in landfill sites?
- A disposable diaper can take up to 500 years to decompose after being used, on average, for only 4 to 5 hours?
- The use of a single washable diaper can replace more than 230 disposable diapers? As a result, by 2017, the Municipality of Rawdon's financial assistance program would have diverted the equivalent of 18,000 disposable diapers from landfill sites.

The Municipality of Rawdon would like to promote the use of washable diapers in order to reduce the volume of materials being sent to landfill sites and encourage actions aimed at protecting the environment and sustainable development.

WHO IS ENTITLED TO FINANCIAL ASSISTANCE FOR THE PURCHASE AND USE OF WASHABLE DIAPERS?

Parents of a child under one (1) year of age or whose birth is expected within the next three (3) months, who purchased washable diapers in 2018.

Financial assistance represents fifty percent (50%) of the purchase cost of the diapers, before taxes, up to a maximum of one hundred dollars (\$100).

Application forms are available at Town Hall or on our website ([rawdon.ca/Citizens/Environment/Financial Assistance](http://rawdon.ca/Citizens/Environment/Financial%20Assistance)).

If you have any questions, you can contact Marie-Pierre Thibeault by email at environnement@rawdon.ca or by telephone at 450 834.2596, ext. 7136.

RESIDUAL WASTE

ÉCOLE MARIE-ANNE INITIATES PUPILS TO DOMESTIC COMPOSTING

At École Marie-Anne, students in Mrs. Caroline Blais' Science Option class have set up a structuring project on domestic composting. The aim is to recover food residue from classrooms and produce their own compost, which will fertilize the school garden plants.

Over 150 litres of organic waste was collected in the classrooms this past fall. These young students are showing that responsible waste management is a breeze!

To improve your knowledge of composting, do not hesitate to check out the section on Residual Materials on the Municipality's website.



A CALL FOR APPLICATIONS SDCO

The Sustainable Development Coordination Office (SDCO) committee will meet three (3) times per year and will consist of citizens, council members, municipal employees and will be chaired by the Mayor. If you would like to get involved, are recognized for your team work and have expertise in the following work areas, you could be part of the SDCO!

- Project 1: Eco-Friendly Municipal Administration
- Project 2: "Citizen's Quarter"
- Project 3: Green Infrastructure
- Project 4: Land Development and Natural Environment Protection
- Project 5: Economic Vitality and Tourist Attractions

Please send us an email stating the reasons for your interest by March 24th, to the following address: bcdd@rawdon.ca

PUBLIC WORKS

DURING THIS WINTER SEASON, THE DEPARTMENT OF PUBLIC WORKS WOULD LIKE TO REMIND YOU...

BINS

HASHES Be very careful when disposing of your ashes into the brown bin (compost). The ashes must have been kept in a metal container for a minimum of 4 weeks prior, to ensure that there are no remaining burning embers. This will help avoid damaging the bin or even causing a fire.

SNOW REMOVAL Please make sure to remove any snow or ice from on or around your bin before moving it, for simply pulling it out of the snow or ice can damage the wheels and even the bin itself. Proceed carefully!

When there is a snow storm or freezing rain, it is suggested

that you bring your bins to the edge of the curb (on your property) on the morning of collection. Should the snow plow pass by, there is less of a chance that the weight of the snow will tip the bins over, ensuring that their contents will remain contained.

UPCOMING WORK

- Remediation of **Cedar Street**
- Continuation of the work undertaken last fall on **Church Street**
- Road work and paving on **Lac-Gratten Road** (5,3 km)
- Acquisition and installation of water play modules at **Nichol Park**

MESSAGE FROM THE SÛRETÉ DU QUÉBEC

SNOWMOBILE THEFT

In the last few weeks, there has been an increase in the theft of snowmobiles. The police are asking you to be cautious and vigilant to prevent the theft of your machine. Here are a few safety tips:

- Preferably, park your snowmobile inside a secure garage or in a highly visible, well-lit outdoor area;
- Chain your snowmobile to a fixed object, using a bolt-cutter resistant padlock;
- Equip your trailer with an anti-theft device that is resistant to bolt-cutters;
- Never leave your key in the snowmobile ignition;
- Etch the last six digits of your snowmobile's serial number on the chassis under the seat, on top of the engine and on all others parts you deem useful. This will facilitate identification and hinder resale;
- Notify a trusted neighbour when you will be away for extended periods of time.



The Sûreté du Québec would like to remind you that any information regarding criminal activity can be reported confidentially, at any time, to the Center for Criminal Information at 1 800 659.4264.

2018 SPRING PROGRAM

REGISTRATION

Priority to Rawdon resident: April 3rd to 8th | Everyone: April 9th to 15th
Activities will begin on Sunday April 22nd (no activities on Monday May 21st)



YOUTH

THEATRE 5-7 YRS

Monday 3:10 pm to 4:10 pm
Cost: \$32 Duration: 6 weeks
Beach Chalet

THEATRE 8-12 YRS (PRIMARY)

Tuesday 3:10 pm to 4:10 pm
Cost: \$32 Duration: 6 weeks
Pavillon St-Louis

BABY ON THE MOVE 2-4 YRS

Saturday 9 am to 10 am
Cost: \$32 Duration: 6 weeks
Pavillon Ste-Anne

GYMNASTICS 5-7 YRS

Saturday 10:15 am to 11:15 am
Cost: \$32 Duration: 6 weeks
Pavillon Ste-Anne

GYMNASTICS 8-12 YRS

Saturday 11:30 am to 12:30 pm
Cost: \$32 Duration: 6 weeks
Pavillon Ste-Anne

BABYSITTING COURSE 11+

Monday May 21st from 8:30 am to 4:30 pm
(school pedagogical day)
Cost: \$48
Metcalf Centre

ADULTS

GENERAL BODY FITNESS

Tuesday 10 am to 11 am **or** 5:15 pm to 6:15 pm **or** 6:30 pm to 7:30 pm **or**
Thursday 10 am to 11 am **or** 5:15 pm to 6:15 pm **or** 6:30 pm to 7:30 pm
Cost: \$30 Duration: 7 weeks
Metcalf Centre

CARDIO-STROLER

Thursday 10 am to 11 am
Cost: \$90 Duration: 10 weeks
Dorwin Falls Park

CARDIO-VITALITY

Friday 9 am to 10 am
Cost: \$90 Duration: 10 weeks
Dorwin Falls Park

SPANISH

Beginner: Wednesday 1 pm to 2:30 pm • Beginner/Intermediate: Monday 3 pm to 4:30 pm • Intermediate: Monday 1 pm to 2:30 pm • Cost: \$99 Duration: 10 weeks
Alice-Quintal Library

PILATES-YOGA

Monday 3 pm to 4:30 pm
Cost: \$98 Duration: 10 weeks
Metcalf Centre

PIYO

Tuesday 6:30 pm to 7:30 pm
Cost: \$35 Duration: 8 weeks
Beach Chalet

POUND IT **NEW**

Tuesday 6:30 pm to 7:30 pm **or**
Thursday 6:30 pm to 7:30 pm
Cost: \$35 Duration: 8 weeks
Beach Chalet

YOGA FOR EVERYONE

Monday 1 pm to 2:30 pm **or**
7 pm to 8:30 pm
Cost: \$98 Duration: 10 weeks
Metcalf Centre

DYNAMIC YOGA

Monday 5 pm to 6:30 pm
Cost: \$98 Duration: 10 weeks
Metcalf Centre

ZUMBA®

Thursday 7:30 pm to 8:30 pm
Cost: \$35 Duration: 8 weeks
Beach Chalet

MINI TENNIS 5-9 YRS

Tuesday 6 pm to 7 pm
Cos: \$60 Duration: 6 weeks
Nichol Park

TENNIS BEGINNER INTERMEDIATE 10-14 YRS

Tuesday 6 pm to 7 pm
Cost: \$60 Duration: 6 weeks
Nichol Park

TENNIS BEGINNER INTERMEDIATE 15+

Tuesday 7 pm to 8:30 pm
Cost: \$85 Duration: 6 weeks
Nichol Park

Health Challenge

**IN APRIL, IN RAWDON, WE MOVE!
WHETHER YOU ARE SOLO, A DUO OR A FAMILY,
COME AND JOIN US!**

WEDNESDAY APRIL 4TH - 5 KM HIKE WITH ÉDITH BEAUSÉJOUR

Two departures, 4 pm and 5:15 pm, from the municipal beach | 3304, 8th Avenue

SATURDAY APRIL 14TH AND 21ST - FREE LEISURE SWIM FOR RAWDON RESIDENTS

From 2 pm to 4 pm at École secondaire des Chutes | 3144, 18th Avenue

SUNDAY APRIL 22ND - WALKING WITH THE RAWDONNEURS WALKING CLUB

Departure at 2 pm, from St-Patrick's Church parking lot | 3763 Queen St.



EXPLORATION DAY CAMP AND BILINGUAL CAMP

JUNE 25TH TO AUGUST 17TH

Registration

Residents: April 3rd to 22nd. Everyone: April 23rd to May 13th.
There is a 25% discount for each registration after the 3rd child.

Weekly Rate

Monday to Friday: 9 am to 4 pm | Day care service: 7 am to 9 am and 4 pm to 6 pm
Residents: \$61,80, non-resident: \$87,55 Day care service: resident \$20,60 or \$6,20/day. Non-resident \$35,05 or \$9,30/day. No T-shirt purchase required.

Meeting for Parents

An information meeting will be held on Wednesday June 20th, from 6:30 pm to 8 pm, at the Metcalfe Centre.

On the Menu

Swimming, dance workshop, gardening, sports activities, tennis, science, canoe-kayak, Adventurer's Club, The Book Marchioness and much more.

Special activities and outings (subject to change without notice)

Weeks

- 1 Kinadapt
- 2 Cosmodome
- 3 Joliette Art Museum
- 4 Au Royaume de Nulle Part
- 5 Forestry Association
- 6 L'Astuce amusement centre
- 7 Bicycle expedition
- 8 Olympics with Rawdon's firefighters, with many surprises on tap!

Counsellor's Aide

Are you between the ages of 13 and 15 and would like to do something interesting this summer? Join the dynamic Rawdon Day Camp team! If you are up for this challenge, bring your CV to Town Hall, to the attention of Isabelle Ménard. A minimum of two weeks volunteer work is required. Only selected candidates will be contacted for an interview.

Hurry!
**Places
are
limited!**



WORLD BOOK AND COPYRIGHT DAY - APRIL 23RD



YOUTH

STORY TIME IN PYJAMAS

Fridays at 7 pm

March 9th and 23rd • April 6th and 20th • May 4th

Accompanied by a parent and their favorite stuffed animal, children are invited to listen to two shorts stories, followed by an arts and crafts activity.

RAT BIBOCHE'S CLUB 3-6 YRS

Saturdays at 10 am

March 17th • April 14th • May 21st

Reading develops memory, reinforces imagination and awakens curiosity. Come and discover Rat Biboche's favorite stories!

ADULTS

BREAKFAST CHATS

Fridays at 9:30 am

IF MENTAL HEALTH IS OF INTEREST

TO YOU March 16th

Mr. Richard Langlois invites you into his brain to experience a mania, a psychosis, a mystical delirium as well as three phases of a major depression. Someone who is living a special experience, Mr. Langlois will reveal how he has transformed it into something positive.

BRICK BLOCKS

A construction workshop for everyone

Friday April 13th from 6 pm to 8 pm

Learn how to follow a plan or just let your imagination run wild. A project is suggested at each workshop, on different themes and techniques. Children under 5 years of age must be accompanied by an adult. Lego blocks are provided.

CONFERENCE

EDIBLE HORTICULTURE

Wednesday May 2nd at 7 pm

Aside from the minimal maintenance required, future and young retirees have an interest in seeing to their edible landscaping needs. We will discuss, among others, safety, discovering new flavors, beneficial and medicinal properties that extend life and youth, such as antioxidants.

HORTICULTURE **April 6th**

Mrs. Sylvie Laberge comes to talk to you about preparation, equipment, shelter...in other words about the practical aspects of horticulture in the spring.

BOOK CLUB

March 21st and April 18th at 1:30 pm

English speaking adult reading group, where everyone exchanges on the books they have read. Every 3rd Wednesday of the month.

EXPO 67 **May 11th**

Mr. Michel Pratt is a historian and speaker who will make you rediscover the world of Expo 67.

ORGANIZATIONS ACTIVITIES

FIREARM HANDLING AND SAFETY COURSE

SATURDAY AND SUNDAY MARCH 10TH AND 11TH OR
MARCH 24TH AND 25TH

8 AM TO 6:30 PM

Cost: \$129, due at registration

Pre-registration required at MD Sports
(3474 Queen St.)

Association Plein Air Lanaudière
Metcalf Centre Gymnasium
3597 Metcalfe Centre (right side entrance)
450 834.7572 | mdsportsrawdon@gmail.com

BABY TEETHING NECKLACE WORKSHOP

FRIDAY MARCH 16TH 9:30 AM TO 11:30 AM

Cost: free of charge, places are limited.

Registration is required

Naître et grandir avec les Amies de l'allaitement

Maison de Parents de la Matawinie Ouest

3625 Queen, Rm 2

450 882-2123, ext. 3048 | info@allaitementmatawinie.org

COFFEE GET-TOGETHER FOR NATURAL CAREGIVERS

THURSDAY MARCH 22ND 1:30 PM TO 3:30 PM

Cost: free

Centre Communautaire Bénévole Matawinie

CHSLD Heather • 3931 Lakeshore Dr. | 450 882.1089

BENNY DINNER AND DANCE

SATURDAY MARCH 24TH 6 PM

Cost: \$20

FADOQ • St-Patrick's Church basement

3763 Queen St. | 450 755.7753

INTRODUCTION TO TURKEY HUNTING

SATURDAY MARCH 31ST 8 AM TO 1 PM

Cost: \$71, due at registration

Pre-registration required at MD Sports
(3474 Queen St.)

Association Plein Air Lanaudière
Metcalf Centre gymnasium
3597 Metcalfe Centre (right side entrance)
450 834.7572 | mdsportsrawdon@gmail.com

OPTIMIST DISCO

FRIDAY APRIL 6TH 7 PM TO 9:15 PM

Cost: admission \$3, snackbar \$1

Optimist Club • Metcalfe Centre gymnasium

3597 Metcalfe St. | 450 834.4270

Volunteers welcome!

INTRODUCTION TO BOW AND CROSSBOW HUNTING

SATURDAY APRIL 21ST 9 AM TO 5 PM

Cost: \$53, due at registration

Pre-registration required at MD Sports
(3474 Queen St.)

Association Plein Air Lanaudière
Metcalf Centre gymnasium
3597 Metcalfe St. (right side entrance)
450 834.7572 | mdsportsrawdon@gmail.com

FAMILIALY WALK

SUNDAY APRIL 22ND 2 PM

Cost: free

La Marche des Rawdonneurs

St-Patrick's Church parking lot • 3763 Queen St.

450 834.6612 | lesrawdonneurs@gmail.com

FADOQ A.G.A. - ELECTIONS

WEDNESDAY MAY 2ND 2 PM

Cost: free

FADOQ

Basement of St-Patrick's Church

3763 Queen St. | 450 755.7753

PASSING THROUGH RAWDON ON WEDNESDAY
MAY 9TH, 7 PM AT THE BEACH CHALET
REGISTRATION AT TOWN HALL OR AT RAWDON.CA

DECIPHER YOUR BODY'S LANGUAGE TO STOP FROM OVEREATING (IN FRENCH ONLY)

— *On tour in Québec*

FREE
CONFERENCES



Guyline Guevremont
Nutritionist and coach,
CEO of Muula

Marie-Claude Lortie
Journalist at La Presse,
columnist and food critic