

CLUB DE MARCHÉ POUR LES SÉDENTAIRES

# Les cœurs en marche



Walking club for sedentary people

The walking club is designed for all relatively sedentary people who wish to take control

The activity is based on fun and friendship

The distance is of no importance, the period is one hour

**Early activity: May 6**

Activity end: October 30

## What is the walking club?

The walking club is a club which offers free support and motivation to help you improve your physical condition and your well-being.

Club members receive health advices given by health professionals (pharmacist, nutritionist, kinesiologist).

## How to become a member?

**Your must fill out the form available at:**

Pharmaprix, 5987, rue de Verdun

Centre de Santé du Cœur de Verdun, 5260, rue de Verdun

For informations: 514.765.7315, extension 29, [sante@coeuraverdun.com](mailto:sante@coeuraverdun.com)

## What benefits will I get by becoming a "Les cœurs en marche" ?

**Be a member presents several benefits:**

- Working with partners with the same level
- Making new friends
- Discovering the "Berges" of Verdun safely
- Having advices from health professionals
- Improving physical condition
- Allowing contact with nature

## Where will I walk?

- Meeting at the Municipal Greenhouse of Verdun on Boulevard LaSalle
- Every Tuesday, from 7:00 PM to 8:00 PM
- Every Thursday, from 9:00 AM to 10:00 AM
- Gently warming
- Walking
- Stretching with health capsules

## October 30th:

Torch march, along the "berges"

Win a gift basket with a value of \$100

 Centre  
de Santé  
du Cœur de Verdun

5260, rue de Verdun

**PHARMAPRIX** 

Josée Blouin, pharmacienne

5987, rue de Verdun

# CLUB DE MARCHÉ POUR LES SÉDENTAIRES

# Les cœurs en marche



Walking club for sedentary people



**PHARMAPRIX**   
Josée Blouin, pharmacienne

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_ POSTAL CODE \_\_\_\_\_  
PHONE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_  
EMERGENCY CONTACT \_\_\_\_\_ PHONE \_\_\_\_\_

## HEALTH STATUS

Please tell us about your health status: (pain, specific treatments, etc.)

---

---

---

---

Diabetes  Yes  Type 1  Type 2  No  
Hypertension  Yes  No  
Smoking  Yes  No How many cigarettes / per day? \_\_\_\_\_  
Allergies / Medicine

---

---

---

## YOUR GOALS

- Improve my physical condition  Allowing social gatherings  
 Allowing contact with nature  Walking safely at my rhythm

## RENUNCIATION

The "Centre de Santé du Cœur de Verdun", its staff and administrators disclaim all responsibility regarding any injury accident of whatever nature whatsoever, arising directly or indirectly from your participation in the walking club.

## I AGREE

\_\_\_\_\_  
CANDIDATE SIGNATURE

\_\_\_\_\_  
DATE