



Info Métis

Municipal Newsletter

STRATEGIC VISION

This July 26th, the City of Métis-sur-Mer will begin the elaboration of its territorial development plan by conducting a consultation process to define a "**Strategic Vision 2030**".

Your ideas, concerns and projects are needed to give this meeting a direction that reflects the reality of our community.



Together we will answer the following questions:

What are the most important problems and issues facing our municipality?

What are the values and priorities that should guide the development of our municipality?

What vision for the future could ensure the vitality and well-being of our communities?

The meeting place will be the **Métis-sur-Mer Recreation Center** (10, rue de l'Église) on **Tuesday, July 26 at 7:00 pm.**

We look forward to sharing an exciting evening.



Ville de
MÉTIS-SUR-MER

Next deadline: To be determined

Contact us: patric.noya@infometis.ca

If you would like to receive the Info Métis via email,
please just ask!



VILLE DE METIS-SUR-MER

138, Principale, Métis-sur-Mer, Québec

Tél. : 418-936-3255

Courrier électronique : metissurmer@mitis.qc.ca



Here is the schedule for the **multisport surface** at the **Métis-sur-Mer recreation centre**.




This schedule is valid from now until the end of August.

It is important to respect the established time slots.

However, you can still use the surface when nothing is scheduled (only the equipment room will be locked. You can still bring your own sports equipment for fun!)

For questions or requests, please email adj.metissurmer@mitis.qc.ca

**PROGRAMMATION HEBDOMADAIRE : SURFACE SYNTHÉTIQUE
MÉTIS-SUR-MER**

| DIMANCHE | LUNDI | MARDI | MERCREDI | JEUDI | VENREDI | SAMEDI |
|--|--|--|--|--|-----------------------------------|---|
|  DEK HOCKEY 14 h - 16h | CAMP DE JOUR 9 h - 10 h 30 PICKLE BALL 13 h - 14 h 30 CAMP DE JOUR 15 h - 17 h | CAMP DE JOUR 9 h - 10 h 30 CAMP DE JOUR 15 h - 17 h BASKET BALL 18 h 30 - 20 h | PICKLE BALL 10 h - 12 h DEK HOCKEY 19 h - 20 h 30 | CAMP DE JOUR 9 h - 10 h 30 CAMP DE JOUR 15 h - 17 h PICKLE BALL 18 h 30 - 20 h | CAMP DE JOUR 9 h - 17 h |  BASKET BALL 14 h - 16 h  |

Pour plus d'information ou pour des demandes spéciales, communiquez avec Isabelle Dion via l'adresse : adj.metissurmer@mitis.qc.ca





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CANADA
PROVINCE OF QUÉBEC
VILLE DE MÉTIS-SUR-MER

PUBLIC NOTICE

FILING OF THE ANNUAL FINANCIAL REPORT 2021

PUBLIC NOTICE, is hereby given by the undersigned, Director General and secretary-treasurer, that the annual financial report 2021 of the external auditors will be filed Monday, August 1st, 2022, at the Council meeting.

Given at Métis-sur-Mer, this 8 of July 2022

Stéphane Marcheterre
Director General and secretary-treasurer

REGULATION CONCERNING ANIMALS

In this regulation it is specified that:

- The owner cannot let dogs roam in a public place or private property other than that of the owner of the animal;
- Any owner of an animal, in a street or a park, must remove excrement and deposit them in a container or bag.

BIG PICK UP

From now, citizens will no longer have to contact the municipal office for the big pick up. However, you should always put your items next the road the day before the collections.

The next dates for **the collection is July 27**. Construction materials remain prohibited.

Thank you





VILLE DE METIS-SUR-MER

138, Principale, Métis-sur-Mer, Québec

Tél. : 418-936-3255

Courrier électronique : metissurmer@mitis.qc.ca



The City still has a **tax credit program for new parents** on the territory, as well as a tax credit program for new homeowners.

To confirm eligibility and to obtain the forms, please contact the **administration of the City of Métis-sur-Mer**.



PROGRAMMATION DÉTAILLÉE

3 AOÛT - INITIATION À L'ESCALADE DE ROCHE

9:00 - 16:00

Chute Neigette

12 PLACES 20 \$

4 AOÛT - ESCALADE DE ROCHE 2

9:00 - 16:00

Chute Neigette

12 PLACES 20 \$

10-11 AOÛT - CANOT-CAMPING

9:00 (10 AOÛT) - 16:00 (11 AOÛT)

Pourvoirie de la Seigneurie du Lac Mitis

8 PLACES 90 \$



PROGRAMMATION DÉTAILLÉE

14 JUILLET - INITIATION À LA CUEILLETTE SAUVAGE

9:00 - 16:00

À venir

12 PLACES 20 \$

21 JUILLET - INITIATION À LA PLANCHE À PAGAIE

9:00 - 15:00

L'Espace SKY (Saint-Gabriel-de-Rimouski)

12 PLACES 20 \$

27-28 JUILLET - INITIATION À LA SURVIE EN FORÊT

9:00 (27 JUILLET) - 16:00 (28 JUILLET)

Saint-Gabriel-de-Rimouski

10 PLACES 70 \$






HERITAGE

Lower Saint Lawrence
Bas-Saint-Laurent

 www.heritagelsl.ca

 facebook.com/heritagelsl

 418-936-3239

HLSL SUMMER SCHEDULE

130, rue Principale, Métis -sur-Mer

www.heritagelsl.ca (418) 936-3239

HEURE D'OUVERTURE DU CENTRE DE RESSOURCES & BIBLIOTHÈQUE OPENING HOURS OF RESOURCE CENTRE & LIBRARY

25 juin au 31 août, 2022 / June 25 to August 31, 2022

Mardi
Tuesday

13h - 16h
1 p.m. - 4 p.m.

Mercredi
Wednesday

13h - 18h30
1 p.m. - 6:30 p.m.

Jeudi
Thursday

13h - 16h
1 p.m. - 4 p.m.

Il est possible de prendre rendez-vous avec les employés sur semaine en les contactant directement ou par le biais de la ligne téléphonique générale (418) 936-3239.

It is possible to schedule an appointment with employees during the week by contacting them directly or via the general phone line at (418) 936-3239.





PUBLIC CONSULTATIONS FOR THE HERITAGE PROTECTION OF LEGGATT'S POINT SITE

Heritage Lower St. Lawrence is taking a lead role in initiating a process to cite Leggatt's Point as a heritage site. This site would include Leggatt's Point Presbyterian Church, Leggatt's Point Manse, Leggatt's Point Cemetery, and Leggatt's Point Archaeological Site. We have petitioned the Municipality of Grand-Métis to take official measures to protect and preserve this important heritage site.

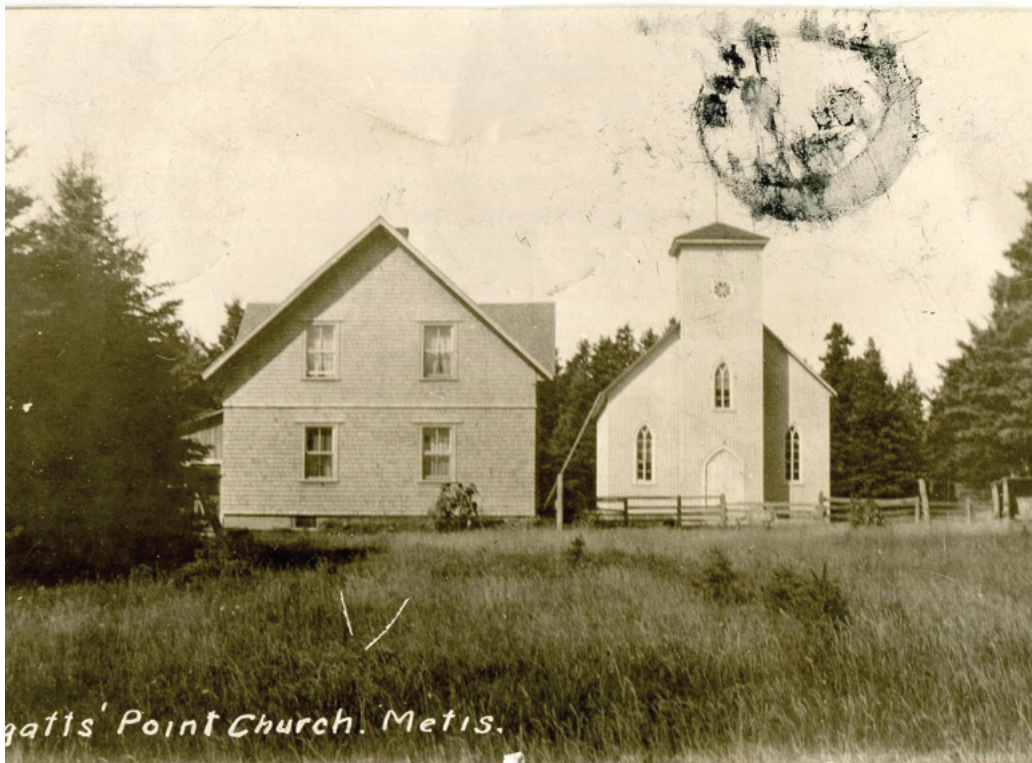
At the request of the Municipality of Grand-Métis, Heritage Lower St. Lawrence will host an information and consultation session open to the public on

Wednesday, August 10, 2022 from 2 pm. to 4 pm The consultations will take place at Leggatt's Point Presbyterian Church.

We look forward to seeing you there!

For more information consult:

<https://heritagelsl.ca/public-consultations-for-the-heritage-protection-of-leggatts-point-site/>

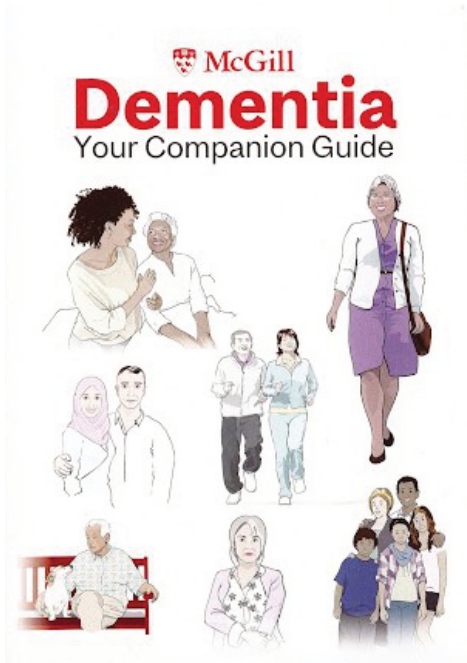


Leggatt's Point Church. Metis.



HEALTH INFORMATION

DEMENTIA, YOUR COMPANION GUIDE



A free new educational resource, *Dementia, Your Companion Guide*, was designed to help provide answers.

With engaging illustrations and a friendly writing style, this approachable guide covers a wide array of topics to assist both the person living with dementia (PLWD) and their care partners. It includes information on the science and progression of dementia as well as practical advice on safety and self-care.

The guide was created by a multidisciplinary team at the McGill University **Dementia Education Program** (DEP) in the Faculty of Medicine and Health Sciences (FMHS). The content was provided by the Program's founder and former care partner **Ms. Claire Webster**, geriatrician **Dr. José A. Morais** and neurologist **Dr. Serge Gauthier**, along with partners from the McGill University Research Centre for Studies in Aging, the Division of Geriatric Medicine, the School of Physical and Occupational Therapy, and the School of Social Work.

Hard copies are available in Métis at the HLSL Métis Resource Center, at the Town Hall, at the summer clinic, and in Rimouski at our HLSL Resource Center (167 Ave Belzile).

You can also find pdf and digital copies in several languages at:

<https://www.mcgill.ca/medsimcentre/community-outreach/dementia/dementia-your-companion-guide>



GENERAL MESSAGES

**Club
de lecture
d'été
TD
2022**

Children can register for the bilingual TD Summer Reading Club at the library or by contacting us. For adult book clubs, follow us this fall (but you can also challenge yourself to read a book of a different style every week).

If you have resources with you that belong to us, please bring them back to us after a period of three weeks (but don't worry if you have exceeded this period, we have waived late fees). In addition, you can bring your books, DVDs and other resources at any time (24h/7d) in the box for this purpose at the entrance of the library.

We accept **donations from recent books (2010 to 2022 only)**. For literary classics or historical archives, please contact us by phone at 418-936-3239 or by email at library.metis@heritagelsl.ca. Thank you!





TD
Summer
Reading
Club
2022

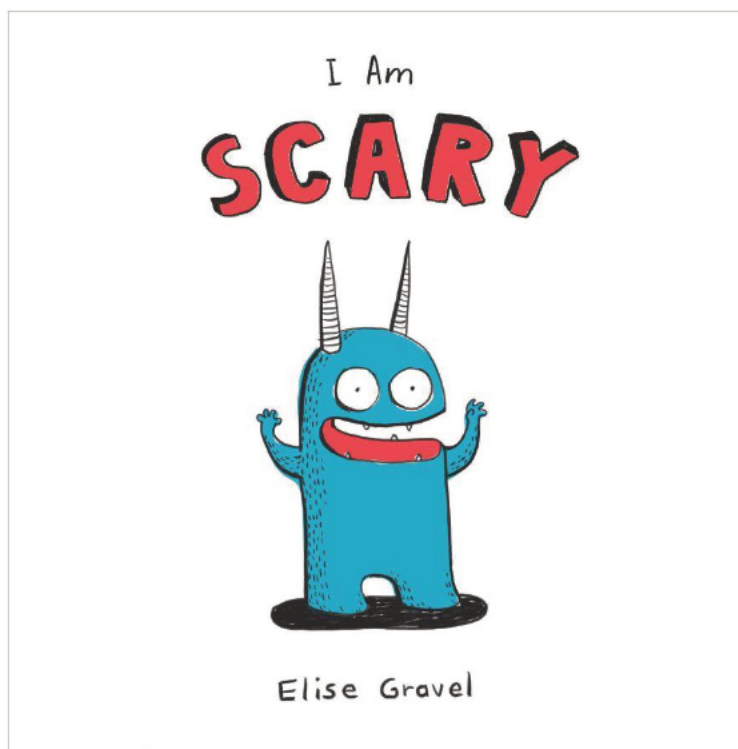
Join us for the
TD Summer
Reading Club
StoryWalk®

Enjoy reading a story
outside as you stroll
along from one page
to the next!

Metis-sur-Mer Bilingual Library invites everyone!

Let's meet outside

at the municipal stopover in front of the city hall
Sunday July 31, 2022, at 10:30 am
for the first animated storywalk of the summer



I Am Scary © 2020 Elise Gravel. Used with permission of Orca Book Publishers.
www.orcabook.com

The StoryWalk® Project was created by Anne Ferguson of Montpelier, VT, and was developed in collaboration with the Kellogg-Hubbard Library. StoryWalk® is a registered service mark owned by Ms. Ferguson.



“THEN AND NOW” PHOTO CONTEST (WITH PRIZES) UPDATE!



Part of the Live our Heritage project is a photo contest. The theme is ‘Then and Now’ as we explore our journey from the past to the present. All photos will become part of the final exhibit that will happen during September of 2022. We want to see Métis in all its beauty from THEN to how it has changed to NOW! **The only restriction that we have is that you do not trespass on private property. Please ask permission or take your photo from the road.** Please contact Micheline Williams (581-814-2186 to share them via USB key or by email mwilliams@heritagelsl.ca). Subject: LOH Photo Contest.

START DATE: JUNE 1, 2022

END DATE: AUG 31, 2021

Open to:

- Amateur photographers of all ages (groups Adults and Students).
- Professionals may also enter but will not be eligible for prizes.
- Can be a permanent resident, summer resident or visitor to Metis-sur-Mer

Categories: *Then and Now*, recreate any personal old photo using the same people or new people. Can also be a home, pet, landscapes, or buildings. Be creative and have fun!

Region: The photographs must have been taken in the municipality of Metis-sur-Mer with the exceptions of the Trails category that includes parts of Grand Metis, St. Octave, Price, and Ste. Flavie.

Number of entries: Each photographer can enter up to 5 photos.

Exhibit: All entries will be exhibited, and winning photos will be enlarged.



Judging: A panel of 3 professional photographers will pick the winners in each category.

Ownership: Participants in the contest must be the authors and the unique owner of the rights to the photographs submitted. Participants must also confirm that they have obtained the consent to use the photos of those who appear in the photos submitted.

Copyrights: By participating in this contest, the photographer agrees to provide Heritage Lower St Lawrence permission for the following non-exclusive rights:

To reproduce, publish and exhibit each of the photographs without fees, usage or time limitations.

The participant remains the owner of the image

At the end of the competition the photographs will be added to the image bank of Heritage Lower St Lawrence and photo credits will always be given, with each use.

Format: Photographs cannot exceed 8MB in size to facilitate the print.

1. They must be in .jpg or ,tiff format.
2. Each photo must be named with your title, category, year and place taken
3. They should be submitted electronically by email to mwilliams@heritagelsl.ca ; with the subject line of LOH Photo Contest.
4. They may also be submitted by USB key by contacting Micheline Williams.

Good luck to all!





INVITATION: HERITAGE LOWER ST. LAWRENCE ANNUAL GENERAL MEETING

You are cordially invited to attend the Annual General Meeting of Heritage Lower Saint-Lawrence on **August 4th from 2 pm to 5 pm at Leggatt's Point Presbyterian Church (48 Chem. Leggatt, Métis-sur-Mer, QC)**

Words from our president, results from 2021-2022 activities as well as our financial statements will be presented.

Everybody is welcome. Only registered members will be allowed to vote, and **membership is FREE**. We can sign you as a member just before the AGM.

Thank you for joining us if you have our mission at heart!

FESTIVAL ET ÉVÉNEMENTS ESTIVAUX

Avec la chaleur et la fin de la pandémie, c'est avec grand bonheur que l'on accueille l'annonce du retour : de nos festivals et événements régionaux. Soyez prêts pour une saison estivale bien animée :

LA MITIS

Festival international de jardins : 24 juin au 2 octobre 2022.

Price en fête : 29 juin au 3 juillet 2022.

100e anniversaire de Sainte-Jeanne-d'Arc : 2 et 3 juillet 2022.

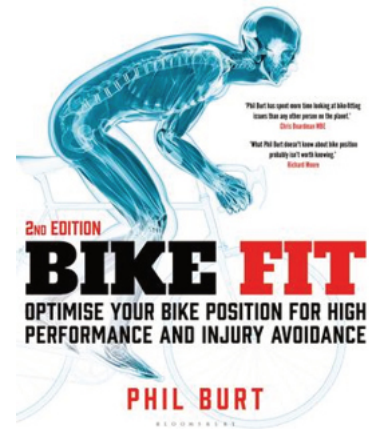
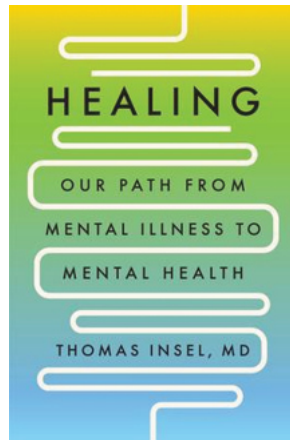
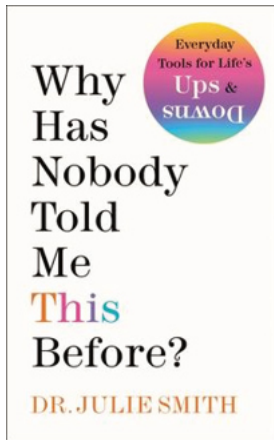
Marché public des Hauts Plateaux de Saint-Gabriel-de-Rimouski : Tous les jeudis, de 16h à 19 h, du 23 juin au 1er septembre 2022

Marché public de La Mitis à Sainte-Flavie : tous les samedis, de 9 h 13 h, du 4 juin au 8 octobre 2022

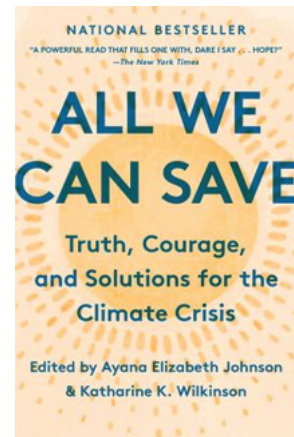
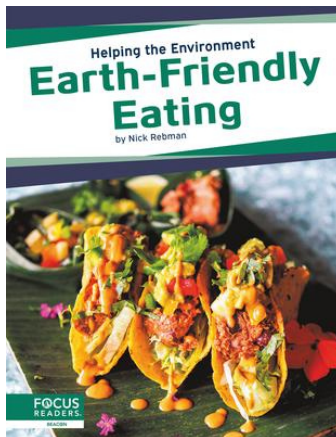
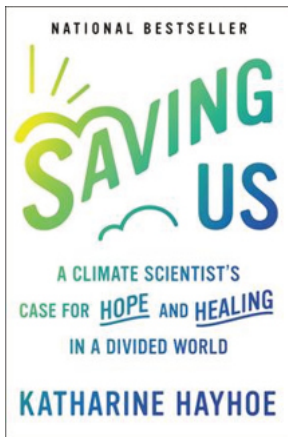


Finally, to replace the reading suggestions, we present the covers of some recent books available at the library... They are there for loan if you are interested!

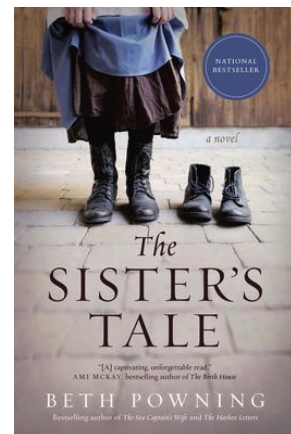
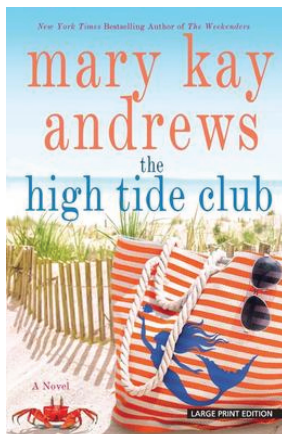
HEALTH & WELLNESS BOOKS



BOOKS ABOUT THE ENVIRONMENT AND US



FICTION BOOKS



RIMOUSKI RESOURCE CENTRE AND LIBRARY WITH ENGLISH BOOKS

167, rue Belzile, Rimouski

www.heritagelsl.ca (418) 936-3239

HEURE D'OUVERTURE DU CENTRE DE RESSOURCES & BIBLIOTHÈQUE OPENING HOURS OF RESOURCE CENTRE & LIBRARY

25 juin au 5 août, 2022 / June 25 to August 5, 2022

Mardi
Tuesday

13h30 - 16h
1:30 pm - 4:00 pm

Il est possible de prendre rendez-vous avec les employés sur semaine en les contactant directement ou par le biais de la ligne téléphonique générale (418) 936-3239.

Jeudi
Thursday

18h - 21h
6 pm - 9 pm

It is possible to schedule an appointment with employees during the week by contacting them directly or via the general phone line at (418) 936-3239.

CLOSED FROM AUGUST 7 TO 21, 2022

sudoku #3

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| | | | 4 | 7 | | | 8 |
| | 4 | | | | | 7 | |
| 3 | | | | | 9 | 6 | 2 |
| | | | 7 | | 5 | 2 | |
| 8 | 6 | | | | | | |
| | | 2 | | 6 | 3 | 4 | |
| | 2 | | 1 | 7 | 8 | | |
| 6 | 7 | 1 | 2 | | | | 3 |
| | | 8 | 9 | | 6 | | 2 |

sudoku #4

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| | | 9 | 7 | | | | |
| 3 | | 4 | 5 | 2 | | 7 | 1 |
| 6 | | | | | 3 | | 4 |
| | | | | 6 | | 8 | 2 |
| 4 | | | 3 | | | 6 | 1 |
| | | | | 8 | | | 5 |
| | | 5 | 2 | | 4 | | 7 |
| | 7 | 6 | | | | 3 | |
| 2 | | | 6 | | 1 | | 8 |



PROGRAMME SOURIRE-MITIS 2022

The **Sourire-Mitis program** helps meet the occasional and urgent dental care needs for people living in low-income situations who are without insurance coverage or without alternative financial support.

The conditions of access are as follows:

The program is open to people from the MRC de La Mitis, without age restrictions.

To have access, the applicant must meet the following criteria:

- Have a family or personal income less than or equal to the low-income threshold. (see table below)
- Be without insurance coverage or without alternative financial support for dental health needs (RAMQ, SAAQ, income security, etc.).
- Be motivated to participate in the dental treatment plan offered.



Table of low income threshold (before taxes) according to **Statistics Canada 2020**.

| | |
|----------------|----------|
| 1 person | \$18,325 |
| 2 people | \$22,814 |
| 3 people | \$28,046 |
| 4 people | \$34,053 |
| 5 people | \$38,621 |
| 6 people | \$43,559 |

IMPORTANT:

Sourire-Mitis financial assistance cannot exceed 90% of the costs related to the treatment plan.

NO PAYMENT IS MADE DIRECTLY TO THE BENEFICIARY.

For any questions or clarifications, please contact David-Gilles Lévesque at 418-896-6767 or by email david-gilles.levesque.cisssbsl@ssss.gouv.qc.ca



THE GREEN NEWSLETTER

AUGUST 2022 - « LESS IS MORE! »

HELLO,

Everything costs more: groceries, gas, clothes, etc. It's the same with your municipal taxes as you have to pay more and more to bury into a landfill stuff that shouldn't even be in your garbage can in the first place. If you need to eat and get around, you don't need to buy everything nor throw it away. Here are some tips and tricks to reduce your waste at the source and save a lot of money:

- **Food:** One good way to reduce is to avoid food waste. You will find more details in the February Green Newsletter available at www.ecoregie.ca.
- **Packaging:** When shopping, buy products in bulk or with little packaging. Buy basic ingredients to make your own food. For example, make your own cookies instead of buying packaged cookies, which are in a tray, which is in a box, which itself is often not recyclable.
- **Household products:** The organization ECO-Mitis offers capsules and a guide on how to make household products simply at home: www.ecomitis.org
- **Disposable products:** Think of durable products with multiple uses such as razors, utensils, dishes, etc.
- **Lawn:** Avoid an extra chore and leave the grass clippings on your property. It will be a natural fertilizer, help preserve moisture in the soil and increase your lawn's resistance to drought and disease.
- **Tools:** Borrow or rent if you plan to use a tool or appliance only once. Another increasingly popular tip is to look on Marketplace, Kijiji or in newspapers to buy a second-hand tool that you can resell for the same price after use.
- **Renovation:** Question the need to replace everything and identify materials that can be repaired, restored, reused and recycled. Your local ecocentres are full of second-hand materials and items that you can buy at low prices!

For more information, contact us by phone, email or visit www.ecoregie.ca. See you next time!

Vincent Dufour, waste management coordinator



Régie intermunicipale de traitement
DES MATIÈRES RÉSIDUELLES
MRC de La Matapédia et de La Mitis

Website : www.ecoregie.ca
Email : matresi@mitis.qc.ca
Phone : 418 775-8445, ext. 1138



Pulsion

D'ENTREPRENDRE

— P O D C A S T —

A BIG THANKS TO ALL OF YOU!

They say it takes a village to raise a child, well Fred (my husband, my #1 volunteer and my business partner) and I, we feel really blessed to live in the village of Métis-sur-Mer, which is the perfect place to raise our little Henri and to develop our numerous entrepreneurial projects.

Many of you have congratulated us on our Studio Mobile initiative for the recording of our podcast Pulsion d'entreprendre, which aims to highlight the accomplishments of entrepreneurs from here and throughout eastern Quebec.

Because life sometimes goes by very quickly and it is important for us to thank our wonderful collaborators, we wanted to wink at Loulou and Jean-Guy for their fabulous land, at the municipal council for

their open-mindedness and at the Auberge du Grand Fleuve team for the incredible partnership and the delicious food served to our guests!

I also want to thank all the locals who came by to say hi, whether we had time to talk or not, it is always a pleasure! You can discover our podcast at www.pulsiondentreprendre.com. If you wish to collaborate or find out more about my other projects, please visit sabinadion.com.

Together, let's build the future of our pretty village: let's create a common place that is nothing short of extraordinary. Have a nice summer everyone!

Sabrina, Fred and Henri



YOGA WITH BARBARA PEARCE JULY 4TH TO AUGUST 26TH

Mondays, Wednesdays and Fridays

Location: At the Town Hall, 370 Beach

Gentle Hatha yoga 8:30 to 9:30 a.m. (1 hour); Beginners are welcome, as are any other levels; Bring your own yoga mat and yoga strap



Chair yoga 9:45 to 10:30 a.m. (45 minutes)

The chair yoga class is for anyone who wants to stretch and relax but is reluctant to sign up for a regular yoga class. Whether you're full-bodied, inflexible, recovering from a physical setback or older, this is the class for you.

Register for a month or the whole summer, 10 class card or drop-ins.

For pricing, or other information please contact Barbara at

Email: bp@barbarapearceyoga.com;

Telephone: 418-936-3171

or look on her **website** www.barbarapearceyoga.com

Pre-registration is not required.

Conditionnel à l'évolution des directives de la Santé publique.

Reiki or Sound Healing – By Appointment only – insurance receipts provided

Location: : 279 Ch. de la Station

Price : Reiki \$70; Sound Healing \$80

Email: bp@barbarapearceyoga.com;

Telephone: 418-936-3171

or look on her **website** www.barbarapearceyoga.com



PUBLIC INTEREST NOTICE FOR THE MITIS REGION

Reopening of the popular antiques and craft shop in **Baie-des-Sables for summer 2022**

A large collection of various antiques for sale:

Equipment and tools of workshop, bar, office, trade, house, farm, sport and leisure and many other objects of heritage and folk art.

The sanitary rules will be optional, the articles are to be seen on site, at **187 route 132** (from June 22 to September 5).

For information or the schedule to visit or make an appointment by contacting:

Gervais St-Pierre
Cell: 418-953-2153
Email : expertise.gstp@videotron.ca



CRAFT EXHIBITION & SALE (Knitting, sewing, toys, jewelry, etc.)

Wednesday, **July 27**, from 9am to 4 pm at
the **Centre des loisirs** (10 de l'Église)



The Child-hater



Elder Mistreatment

Let's take action

The current crisis is creating situations that could lead to the elder abuse. At this time it is especially important to take care of each other. As a close friend, neighbor, or family member, you can take action and make a difference in stopping abuse.



1 Keep an eye open: Be sensitive to the signs and cues to look for, and be a good listener.

Some clues to look for. The person :

- Has injuries;
- Anxiety;
- Is isolating;
- Complains of discomfort;
- Does not have enough money for essential needs;
- Changes in behavior or habits.

2 Approach the subject: Talk openly with the person without rushing him/her, wait for the right moment (safety and respect), then validate and verify your concerns with the person.

Examples of questions to ask:

- How are you doing?
- Should I be worried about you?
- Is someone making you uncomfortable?

Attention: Check your concerns with the person or a someone close to them to avoid jumping to conclusions.

3 Remain open: Listen without judgment, maintain contact, and respect the person's pace. Trust the person if they confide in you and accompany them to services if they wish.

Examples of actions to take:

- Ask if the person agrees to talk to someone they trust, their doctor, a priest, a friend, etc.;
- Suggest accompanying the person to local services (elder's rights organization, community worker, etc.);
- Leave a reference number (Info-Social 811, the Elder Mistreatment helpline);
- Let them know that you are available at any time.

Need help?



LIGNE AIDE ABUS AÎNÉS
1 888 489-ABUS (2287)

www.aideabusaines.ca/en

Québec 



THE BARN SALE

Across from the old school house on Rue Principal before Rue Castonguay Secteur Les Boules.

SATURDAY, AUGUST 6TH 2022 10 AM TO 4 PM

FURNITURE, HOME ACCESSORIES + CHINA FROM SEASIDE HOTEL

Proceeds to rehabilitate an old Metis sailboat will go to student education to refurbish boat.

COMMUNITY TRAINING ROOM – Summer 2022

École l'Envol (East Entrance) – 30 rue du Couvent



Equipment at your disposal: treadmills, elliptical, stationary bike, rowing machine, multi-station weight machine, escalator, leg press, exercise balls and elastics, medicine balls, badminton and much more.

| | Morning | Afternoon | Evening | |
|-----------|-----------------|---|----------------|-----------------|
| Monday | 9:00 – 10:30 am | Closed in the afternoon for the summer. | 7:00 – 8:30 pm | Closed |
| Tuesday | 9:00 – 10:30 am | | 7:00 – 8:30 pm | 9:00 – 10:30 pm |
| Wednesday | 9:00 – 10:30 am | | 7:00 – 8:30 pm | Closed |
| Thursday | 9:00 – 10:30 am | | 7:00 – 8:30 pm | Closed |
| Friday | Closed | | Closed | 9:00 – 10:30 pm |
| Saturday | 9:00 – 10:30 am | | Closed | 9:00 – 10:30 pm |
| Sunday | 9:00 – 10:30 am | | Closed | |



CLD
Mētis-sur-Mer

MEMBERSHIP FEES

Adults: \$30/month or \$5/day

Couples: \$45/month

Students: half price

Information: Stéphanie at 418-936-3020 / CLD-MsM@proton.me



MASSAGE EN BORD DE MER

LUCIE FALARDEAU
MASSOTHÉRAPEUTE

Mes massages et soins sur ma terrasse intime en Bord de mer seront disponibles à partir du lundi 6 juin avec une carte de soins améliorée, mais sans aucunes augmentations des tarifs!

C'est avec un immense plaisir que je vous informe de ma nomination comme finaliste provincial pour le prix Distinction de mon association professionnelle grâce à mon concept Massage en bord de mer.

Retour du Forfait Découverte (2 heures de soins) et le forfait À deux, c'est mieux!

Réservation requise en tout temps. Pour informations et réservations:

Facebook : Massages en Bord de mer

Téléphone : 418-775-2417

Courriel : massotherapielf@videotron.ca

**18, chemin de la pointe Leggatt
Grand-Métis**

Promotion du moment

séance de pressothérapie à rabais de 20\$ à l'achat d'un massage de votre choix.

Réservation par messenger ou facebook
Massages en Bord de mer,

418-775-2417



Lucie Falardeau
Massothérapeute
Offrez-vous du bonheur!

Massages en bord de mer
Mes soins

- Massage suédois (détente ou thérapeutique)
- Mon massage Signature
- Massage à la bougie aromatique
- Massage aux coquillages chauds
- Massage aux balles de sels himalayens
- Massage pour enfant
- Massage pour future maman
- Pressothérapie
- Massage sur chaise sur la plage ou à domicile
- Ateliers de massages
- Soins de pieds
- Espace-boutique
- Certificat cadeau
- Forfait: Découverte ou À deux, c'est mieux!*

Réservation requise en tout temps
418-775-2417
massotherapielf@videotron.ca
18, Chemin de la Pointe Leggatt,
Grand-Métis

Facebook: Massages en bord de mer



Membre Réseau des Massothérapeutes
professionnels du Québec

Recu pour remboursement d'assurance

Nominée dans la catégorie
Prix Excellence **DISTINCTION**
2022



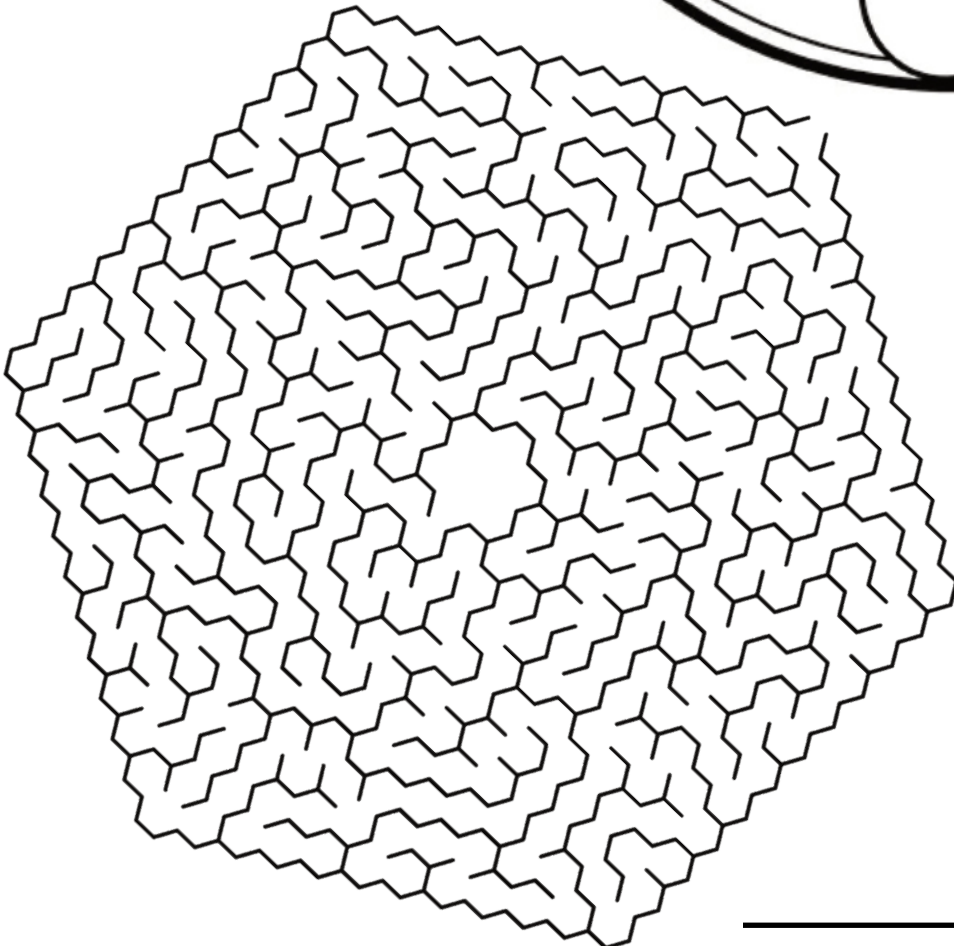
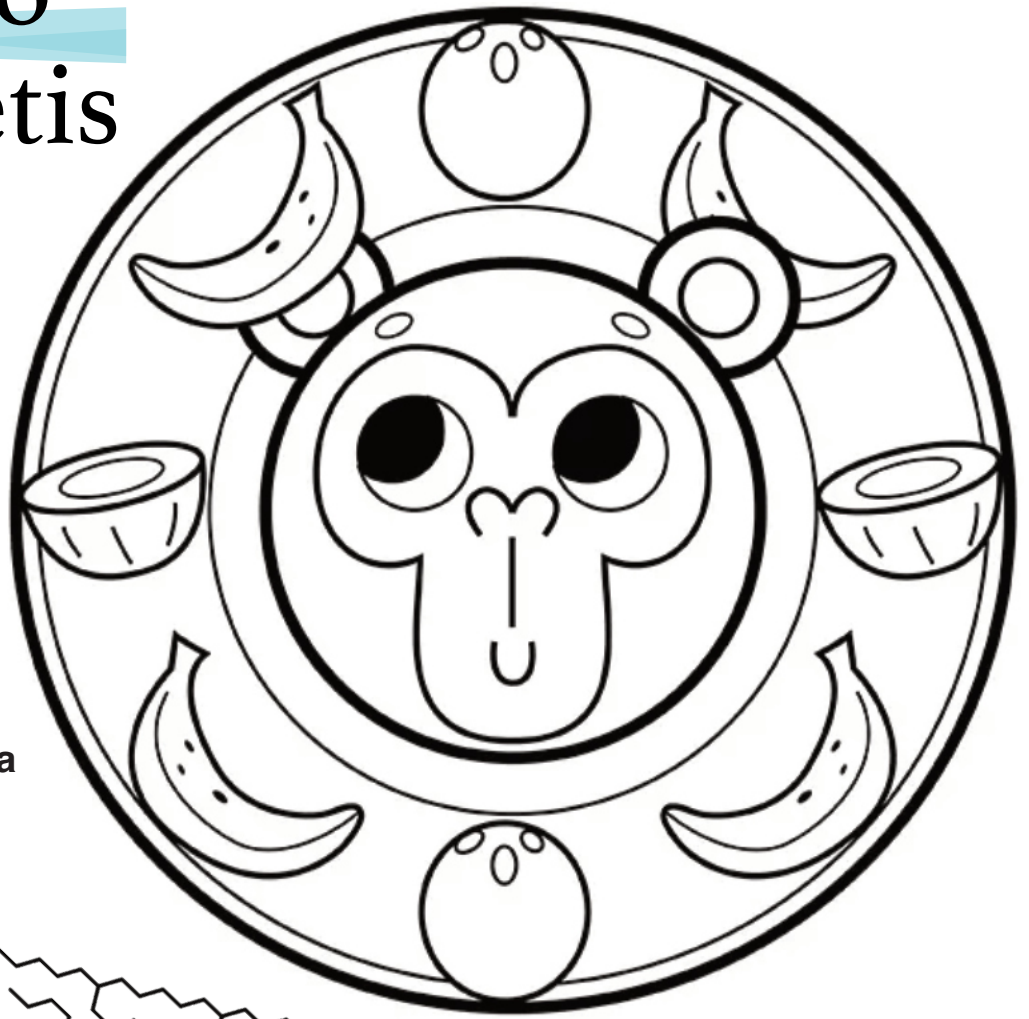


Info Métis

Si vous avez des suggestions pour le prochain numéro, envoyez-les nous!

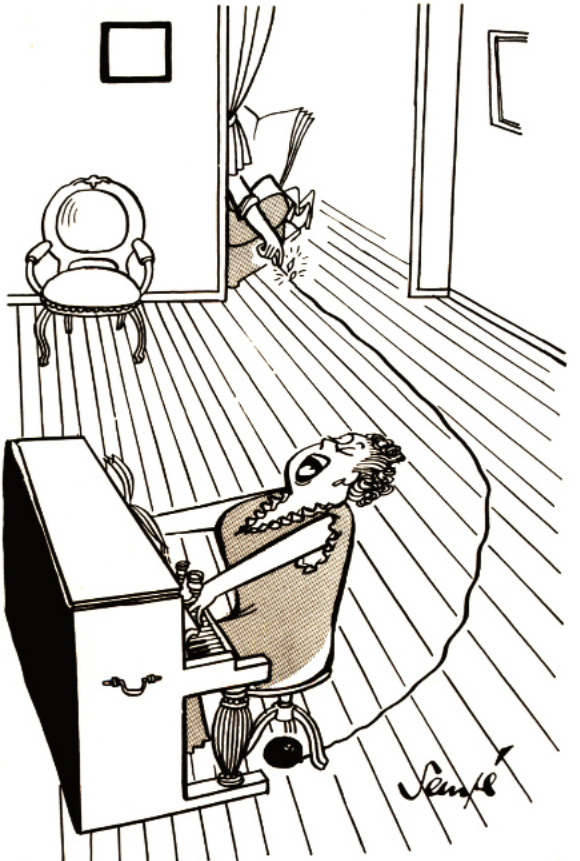
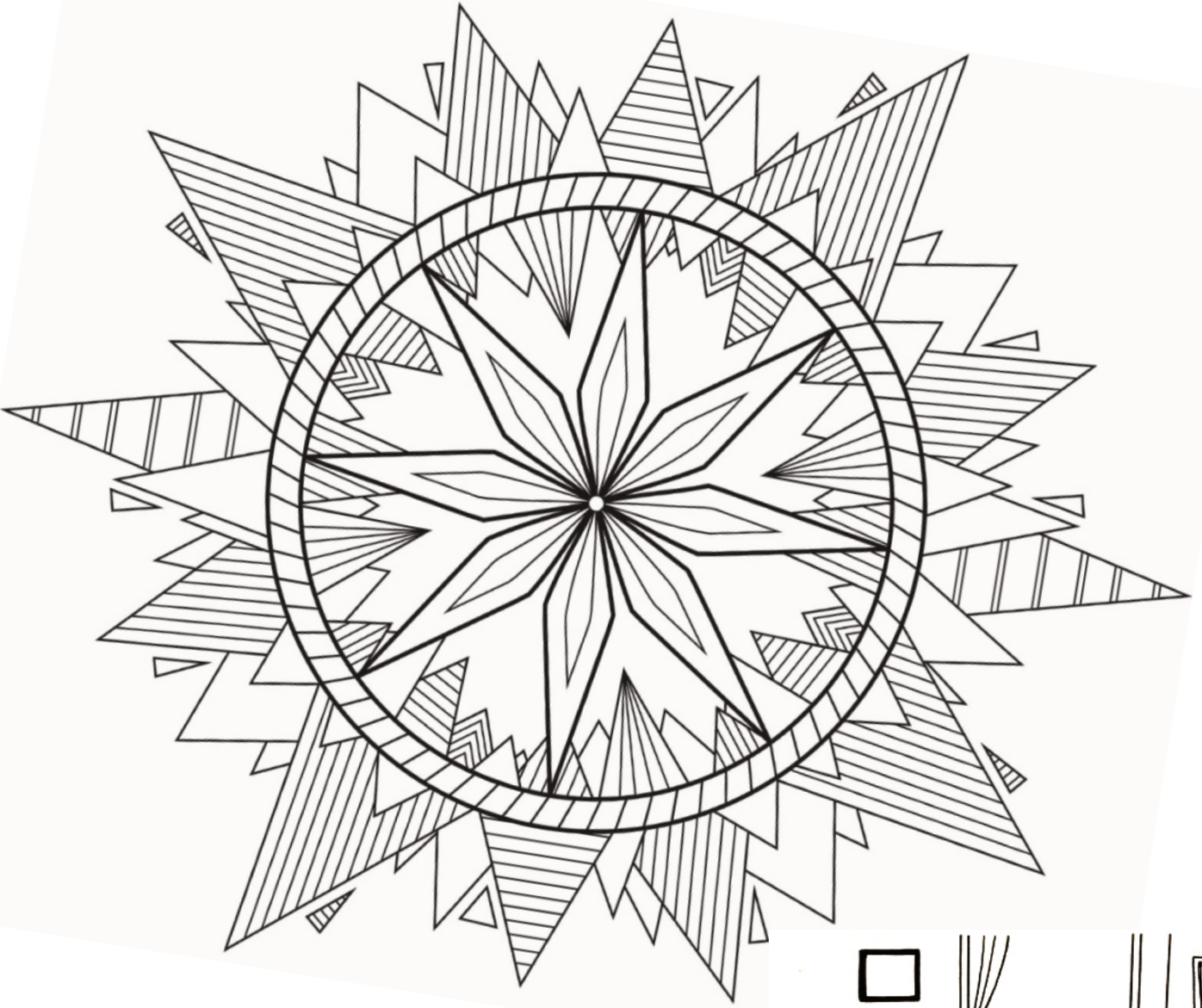
If you have any suggestions for the next newsletter, send them to us!

patric.noya@infometis.ca



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| 2 | 1 | 9 | 6 | 4 | 7 | 3 | 5 | 8 |
| 5 | 4 | 6 | 3 | 8 | 2 | 7 | 9 | 1 |
| 3 | 8 | 7 | 5 | 1 | 9 | 6 | 4 | 2 |
| 1 | 3 | 4 | 7 | 9 | 5 | 2 | 8 | 6 |
| 8 | 6 | 5 | 4 | 2 | 1 | 9 | 7 | 3 |
| 7 | 9 | 2 | 8 | 6 | 3 | 4 | 1 | 5 |
| 9 | 2 | 3 | 1 | 7 | 8 | 5 | 6 | 4 |
| 6 | 7 | 1 | 2 | 5 | 4 | 8 | 3 | 9 |
| 4 | 5 | 8 | 9 | 3 | 6 | 1 | 2 | 7 |

solution #3



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| 5 | 1 | 9 | 7 | 4 | 6 | 2 | 8 | 3 |
| 3 | 8 | 4 | 5 | 2 | 9 | 7 | 6 | 1 |
| 6 | 2 | 7 | 8 | 1 | 3 | 5 | 4 | 9 |
| 7 | 3 | 1 | 4 | 6 | 5 | 8 | 9 | 2 |
| 4 | 5 | 8 | 3 | 9 | 2 | 6 | 1 | 7 |
| 9 | 6 | 2 | 1 | 8 | 7 | 4 | 3 | 5 |
| 8 | 9 | 5 | 2 | 3 | 4 | 1 | 7 | 6 |
| 1 | 7 | 6 | 9 | 5 | 8 | 3 | 2 | 4 |
| 2 | 4 | 3 | 6 | 7 | 1 | 9 | 5 | 8 |

solution #4