

EVENT DESCRIPTION :

The Wellness Fair will feature a variety of workshops and kiosks promoting healthy eating, wellbeing, exercise, and self-care. Students will rotate between workshops and kiosks throughout the day. Each workshop will run for 40 minutes, with a 5-minute travel time between sessions.

THANK YOU



WELLNESS FAIR



Wednesday, November 26, 2025
Time: 9:15 AM – 2:10 PM
Hull Adult Education Centre
185 Rue Archambault, Gatineau, Qc





WORKSHOP #1

HEALTHY EATING

Student Lounge
with Dave Bouffard



WORKSHOP #2

DEALING WITH STRESS
ROOM 105

With Krishnan Sundaram
from Connexions

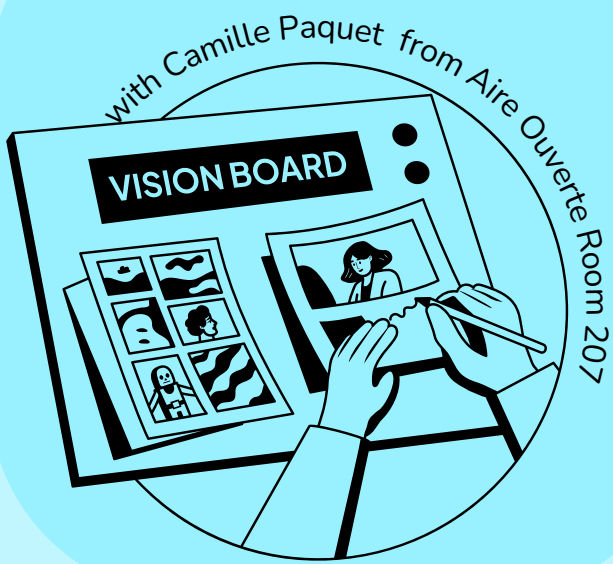


WORKSHOP #3

PERSONAL HYGIENE
ROOM 106

with Michelle Robinson (WQCC
Nurses

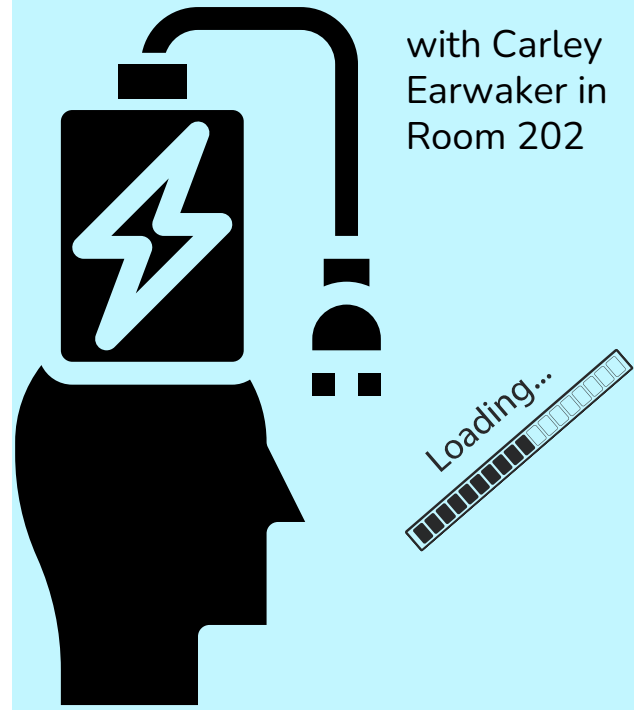
WORKSHOP #4



WORKSHOP #5

RECHARGING YOURSELF

with Carley
Earwaker in
Room 202



WORKSHOP #6

KIOSK'S IN THE GYM

✓	WQCC	5 tables
✓	heritage College	1 table
✓	St. Paul's University	1 table
✓	Appogee	2 tables
✓	Western Quebec Literacy Council	1 table
✓	Jeunesse IDEM	1 table
✓	DTCU Maison Oxygen	1 table
✓	Carrefour Jeunesse Emploi	1 table
✓	3R Food Supply	1 table
✓	Centre Mechtilde	1 table
✓	CRDO CISSSO Addictions	2 tables
✓	Aire Ouverte	1 table
✓	Connections	1 table
✓	Virtual Reality	ROOM 104