



Potton's Arts, Culture & Heritage Committee is proud to bring you the **FESTIVAL OF HEARTS**



### Snowman Contest throughout the entire month of February!

Whether you are an ordinary citizen of Potton, a business owner or a representative of a local organization, we invite you to participate in the snowman contest. Create your best snowman or snowwoman, take a photo and send it to [loisirs@potton.ca](mailto:loisirs@potton.ca)/ The Potton Cultural Committee will act as a judge. Different prizes will be awarded: - The biggest snowman; - the most creative; - one that reflects the time of the pandemic in which we live.

A great outdoor activity for the whole family to enjoy!

### CPR Video

Would you like to be able to respond effectively to an emergency and help someone in danger before emergency services arrive? A video was produced by the First Responders and will be available on the municipality's website and on the Facebook page (Potton en bref Plus) as of **February 14th**, a gift of love from your municipality and your First Responders! You will learn to recognize the signs of stroke and the techniques of CPR.

You will also be shown how to use an Automatic External Defibrillator (AED) and where you can find them in the township.



### Living Food in Winter

A free workshop that will explore how to grow sprouts and microgreens at home while waiting for nature to give us fresh vegetables. What advantages are there? Which varieties are easy to grow? What equipment do you need? So many questions that will be answered and explained by **Edith Smeesters** during this workshop. If the confinement continues, the demo will be on Zoom.

**Wednesday, February 17th 2:00 p.m at the Town Hall or via Zoom**

To preregister, send an email to: [edithsmeesters@gmail.com](mailto:edithsmeesters@gmail.com). No materials needed.

### Tai chi Qigong – Meditation

Learn to live in the present moment, relieve stress and anxiety, clear your mind!

**Monday, February 22nd at the Town Hall.** Please book your free 20-minute private session between 10 a.m. and 3 p.m. **by February 20th** with **Lolita Dalpé**, your certified instructor.

If sanitary restrictions remain in effect, the private workshop will be given via Zoom. 450 534-5585 or [taikigong@gmail.com/](mailto:taikigong@gmail.com)



### Running Initiation in Winter

Would you like to integrate winter running into your lifestyle and avoid injury? Join this free, outdoor session, rain or shine.

The class will teach the basics of snow running techniques, the proper clothing to wear, warm-up and strength-training exercises and how to increase your flexibility. The benefits of running for the body and for the mind is outstanding.

**Saturday, February 20th at 9:30 a.m. at Missisquoi Nord Park, André-Gagnon Sector** or by

Zoom according to health instructions. Free!

**Reserve your place before February 18th:**

Monique Gilbert, M.Sc. kinesiologist, [moniq.gilbert@icloud.com](mailto:moniq.gilbert@icloud.com) or 438 872-0829.

**For more information** : 450 292-3113 – ext. 228 – [loisirs@potton.ca](mailto:loisirs@potton.ca)