

# VANIER

CÉGEP / COLLEGE

# NEWS RELEASE

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**Tattoos, tanning, safe clubbing and safe sex -  
all part of the annual Vanier Nursing Health Promotion Fair**

**Montreal, March 10, 2010.** Once again this year, Vanier College Nursing students are bringing health information to young people during the annual Nursing Health Promotion Fair. The fair will take place at Vanier on Wednesday, March 10<sup>th</sup> from 10AM to 3PM in the Student Mall. Then it will move to Rosemont High School for the following two days, March 11 and 12.

“The Health Promotion Fair provides nursing students with an opportunity to show the work they have done while also promoting healthy choices and educating the college and high school aged population,” says Micky Antoniazzi, of the Vanier Nursing Department. High school students tend to avoid health professionals and are often reluctant to talk about their health concerns. Presenting information during a Health Fair event is an ideal way of reaching the adolescents and exposing them to information on healthy behaviours.

The visit to Rosemont High School is done in partnership with the McGill University Training and Human Resources Development Project and the English Montreal School Board. The project aims to improve access to English language health and social services in communities where healthcare institutions provide services mostly in French.

The Vanier Nursing Health Promotion Fair will feature kiosques and presentations on a variety of current health topics. Some of the issues pertain to young people in particular include skin cancer and the truth about tanning beds; tattoos and body piercings; safe clubbing; assertiveness and shyness; safe sex; drinking; body modifications - cosmetic surgery and breast implants; the myth about bottled water; diabetes in young people; sleep disorders; steroids in sports and their effects on teenagers; eating disorders and self esteem – what’s the link; herpes – sex for a minute, STI for life.

The Fair at Vanier is open to the public and everyone is welcome.

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