

# Gaspesian Day

JOURNÉE  
DE LA GASPÉSIE  
GESPE'GEWA'GI  
NA'GWEG

June 6  
2024



## ACTIVE LIFE

Activity guide for organizations that foster healthy lifestyles and active lives, as well as for facilitation teams at senior's residences and drop-in centres for young people

## Celebrating our Gaspésie together!

Let's transmit our pride to our members, residents and youth.

### 1. Wear something blue

- Invite young people and residents to wear something blue (clothing or accessory) or something featuring the region.

### 2. Stay active while celebrating Gaspésie

- Organise a photobooth with blue props.
- Make a physical activity course using blue props (e.g., balloons).
- Create a collective work of art that features the colour blue.
- Move while listening to Gaspesian music : Playlist [HERE](#)
- Do a cooking workshop and offer a dessert with blue frosting... why not!
- Decorate your premises.
- Any other original idea.

### 3. Share your photos and be part of the big blue wave

- Take a photo of your collective work or activity. Share your photo on social media.
- Don't forget to tag [@livinggaspesie](#), use the hashtag [#gaspesianday](#) and identify your **organisation**.
- If you don't have access to social media, e-mail your photo to us at [promotion@vivreengaspesie.com](mailto:promotion@vivreengaspesie.com) and we will share it.



**GASPESIAN  
PLAYLIST :  
[HERE](#)**