

Improved Accessibility

Facilitate access to thermal centers and leisure centers for non-motorised or low-income people

Promotion of Aquatic Health

Use aquatic resources for health programs such as hydrotherapy and therapeutic swimming.

Support for Activities in Nature

Develop and secure outdoor activities for all ages, strengthening tourist and local attraction.

Development of Ecotourism

Create ecotourism circuits that enhance and preserve the natural environment.

Improvement of Infrastructure

Modernize local infrastructure to support increasing attendance while respecting the local ecology.

Water Management Training

Educate the community on sustainable water management practices, especially in the context of recreation and well-being.

Urban Data Mural Thematic Cards

Well Being

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Senior Wellness Programs

Offer specialized programs for seniors, using the therapeutic properties of water.

Community Integration

Encourage the participation of local residents in the development and management of wellness sites.

Strengthening Security

Ensure maximum safety at leisure sites to avoid accidents.

Valorization of Local Products

Use and promote local products in thermal centers and leisure centers to stimulate the local economy.

Environmental Awareness

Organize educational workshops on nature preservation and the impact of human activities on aquatic ecosystems.

Economic Accessibility

Make wellness activities affordable to diversify access and include all segments of the population.

Local Partnerships

Collaborate with local businesses and associations to enrich the offering of well-being services.

Sustainable development

Ensure that all facilities and activities are designed and operated according to sustainability principles.

Relaxation and Meditation Programs

Integrate spaces dedicated to relaxation and meditation, exploiting the tranquil and rejuvenating setting.

Innovation in Hydrotherapy

Introduce innovative technologies and techniques in hydrotherapy to improve available treatments.

Promotion of Sustainable Fishing

Manage and promote fishing as a leisure activity compatible with the conservation of aquatic resources.

Naturopathy Workshops

Offer seminars on the benefits of local plants and naturopathic practices.

Green Infrastructure

Incorporate green building solutions to minimize the environmental impact of leisure infrastructure.

Community Events

Regularly organize events that bring residents and visitors together around the themes of water and well-being.

Meditation and Mindfulness

Promote meditation programs to reduce stress and improve mental health.

Regular Physical Activities

Encourage the daily practice of physical exercises suitable for all ages to maintain physical and mental fitness.

Balanced Nutrition

Raise awareness of the importance of a balanced diet and offer workshops on healthy nutrition.

Sleep Quality

Educate on practices that promote restful sleep and offer solutions to improve sleep quality.

Social Support Networks

Create and maintain support networks to combat isolation and promote mutual assistance.

Accessible Green Spaces

Develop green spaces for relaxation and leisure, accessible to all.

Art and Culture

Use art and culture as means of therapy and personal expression.

Stress management

Offer workshops to learn how to manage stress effectively through different techniques, including yoga and breathing.

Lifestyle

Educate on good lifestyle practices to prevent illness and maintain good general health.

Digital Connectivity

Ensure access to digital tools that can improve well-being through health and wellness applications.

Regular Health Checks

Facilitate access to regular health check-ups to detect and treat health problems early.

Parenting Workshops

Support parents with training on children's health and well-being.

Anti-Tobacco

Programs

Implement programs to help individuals quit smoking and prevent tobacco use.

Alternative Therapies

Introduce and promote alternative therapies such as acupuncture, osteopathy, etc.

Well-being Coworking Spaces

Create workspaces that promote the mental and physical well-being of workers.

Emotional

Management

Offer programs to help individuals manage their emotions constructively.

Environmental Protection

Engage communities in protecting their environment to improve their quality of life.

Relaxation and Leisure

Organize regular relaxation and leisure activities to reduce stress and improve well-being.

Well being at work

Develop workplace wellness policies to improve employee satisfaction and productivity.

Guided Meditation Programs

Initiate guided meditation sessions to help reduce stress and improve concentration.

Adapted Physical Activities

Offer physical exercise programs specifically designed to boost mental health, such as yoga or tai chi.

Targeted Nutrition for the Brain

Educate on diets that promote brain health, with an emphasis on foods rich in omega-3s and antioxidants.

Improved Sleep Quality

Develop workshops to teach sleep hygiene techniques and the use of technology to monitor and improve sleep.

Strengthening Support Networks

Create support groups and mutual aid networks to provide a space for exchange and emotional support.

Art and Culture Therapy

Use art therapy and cultural activities as means of personal expression and treatment of emotional disorders.

Stress Management through Breathing

Offer classes on breathing techniques to help manage anxiety and daily stress.

Burnout Prevention Programs

Implement initiatives to identify signs of professional burnout and offer management and prevention strategies.

Easy Access to Psychotherapy

Increase access to affordable, quality psychotherapy services for all segments of the population.

Emotional Education Workshops

Offering seminars to develop emotional resilience and emotional intelligence in individuals of all ages.

Sedentary

lifestyle

Lack of physical activity which can lead to health problems such as obesity and cardiovascular disease.

Poor Quality Food

Frequent consumption of poorly nutritious meals or processed foods harms physical and mental health.

Social isolation

Lack of social interactions which can lead to loneliness and depression.

Chronic Stress

Prolonged exposure to stress that can cause long-term damage to mental and physical health.

Lack of sleep

Insufficient restorative sleep necessary for general well-being and regeneration.

Environmental pollution

Exposure to pollutants that can cause various respiratory illnesses and other health problems.

Financial Barriers

Economic difficulties limiting access to health resources and activities promoting well-being.

Lack of Green Spaces

Lack of natural areas or parks for relaxation and physical exercise in urban environments.

Limited Access to Health Care

Difficulty obtaining adequate medical care and prolonged waiting times.

Substance Use

Use of drugs or alcohol that can negatively impact mental and physical health.

Job insecurity

Job insecurity causing stress and affecting financial and emotional stability.

Housing Problems

Inadequate housing conditions or residential instability affecting feelings of personal security.

Self Neglect

Lack of self-care can lead to a decline in self-esteem and overall well-being.

Technostress

Stress caused by excessive or inappropriate use of digital technologies.

Discrimination and Social

Exclusion

Negative impact of exclusion based on ethnicity, gender, age or economic status on mental health and life opportunities.