



EDITORIAL

The return of the Placement Potentiel's newsletter will be presented in different themes monthly. There will be many topics like news, health, activities and much more.

Additionally, we understand that everyone is uneasy with the current COVID-19 situation. If we all take precautions, follow the guidelines the authorities are setting forth, remain calm and relax we will get through this together. We are available if you have any questions, you can always reach us at the office.

We hope you enjoy reading and that the subjects are interesting and informative. Feel free to send us suggestions for the next newsletters. Do not forget to participate in our drawing!

Happy reading!



HAPPY BIRTHDAY

We would like to wish a wonderful day to our April birthdays.

Happy birthday and good health to Normand, Dominik, Donatien, Serge, Yvrose, Yvan, Rose-Marthe, Anne-Marie, Marc Arthur, Roy Luis, Samuel, Simon, Maureen, You and Jeffrey!!!

HOME EXERCISES



PREVENTION METHOD

- 1) Wash your hands often with warm water and soap for at least 20 seconds.
- 2) Use an alcohol-based disinfectant if you do not have access to soap and water.
- 3) Disinfect common areas of your home, such as doorknobs and switches.
At work, disinfect items like your computer keyboard and phone.
- 4) Observe the rules of hygiene when you cough or sneeze:
Cover your mouth and nose with your arm to reduce the spread of germs.
If you use a tissue, throw it out as soon as possible and wash your hands afterwards.
- 5) Avoid touching your eyes, nose and mouth so that germs don't get into your body.
- 6) If you get sick, stay at home. This will prevent the spread of germs to your colleagues, as well as people you may come into contact with during your daily activities.



HEALTHY AND FAST RECIPE

Preparation for 3 sandwiches: Per sandwich: 354 calories, 27 g of protein, 14 g of fat

(2 g of saturated fat), 32 g of carbohydrates, 9 g of fiber, 49 mg of cholesterol, 315 mg of sodium.

- Cook a chicken breast and shred it. Mash a ripe avocado. Add a chopped green onion stalk, a handful of chopped cilantro and the juice of a lime, and mix together.
- For each sandwich, toast 2 slices of whole wheat bread and spread 1/3 of the mixture over 1 slice. Add lettuce, tomato slices and top with the other slice of toast.

DAILY CARE

4 natural solutions to relieve cramps

Cramps are very unpleasant muscle contractions that can occur in the calf, foot, toes, etc. The causes can be due to multiple factors: dehydration, blood circulation disorders, excess lactic acid, etc. To fight against these sharp and unexpected pains, try these natural solutions for relief

- 1) Stretching to relax the muscle
- 2) Plants and essential oils help to relax your muscle
- 3) Applying cold compress to reduce pain
- 4) Use Valerian for its relaxing effect

A cramp hurts, even if the pain never lasts long. This involuntary muscle contractions occurs unexpectedly, usually in the middle of the night or during intense physical effort.



AN EASTER DRAWING

To celebrate Easter this year, we invite all employees to participate in our drawing for a chocolate Easter bunny. Please cut out, complete the coupon and send it back to us by mail at 111 Donegani, Pointe-Claire, QC H9R 2W3 or take a photo of the coupon and send it by email to placementpotentiel@videotron.ca before April 7th, 2020.

PARTICIPATION COUPON
LAST NAME/FIRST NAME :
ADDRESS :
TELEPHONE :
EMAIL ADDRESS :