

### The Museum is collaborating with Bernard Lavallée to present its new temporary exhibition *Food for thought!*

**Laval, September 27, 2023** – The Musée de la santé Armand-Frappier is proud to present its new temporary exhibition entitled *Food for thought!*, produced in collaboration with Bernard Lavallée, nutritionist and author.

#### Bernard Lavallée, a valuable collaboration



Credit : Julie Artacho

The result of collaborative work between the Musée de la santé Armand-Frappier, the Rümker design agency, and nutritionist Bernard Lavallée, the contents of the exhibition benefited from the expertise and benevolent approach of the famous urban nutritionist, present at every stage of the exhibition's creation.

“It has been an honor to collaborate with the Museum's team to produce this exhibition that highlights all the facets of food that influence our well-being.” There are no better words than those of Bernard Lavallée himself to present *Food for thought!*

“We are grateful to Bernard Lavallée who agreed to share his knowledge and expertise in the field with us.”, says Guylaine Archambault, Director General of the Museum.

#### Enjoy the pleasure of learning more about our food!

Eating is a daily gesture, essential to human survival. *Food for thought!* explores the link between well-being and food. The tone chosen for the exhibition is faithful to Bernard's deep values which are also dear to the Museum: non-prescriptive, guilt-free and benevolent. Everyone will be sensitive to the different messages of the exhibition:

- **Nourish the body**- Eating is essential for the proper functioning of the human body.
- **Nourish pleasure** - Whether by stimulating the senses, creating social bonds or sharing values in communities, eating is a source of pleasure!
- **Nourish the planet** – How does food get to us? What are the consequences of our production method? What are the solutions to improve it?



Illustration : Simon L'Archevêque

#### A partnership that nourishes

During the presentation of the exhibition, the Museum is proud to partner with Moisson Laval that fights against food insecurity, by giving the organization half of the donations collected as part of the presentation of *Food for thought!*.

#### Thank you to our partners

This exhibition was produced and is presented thanks to the support of the government of Quebec and the City of Laval.

Thanks to the Société de transport de Laval, some classes will benefit from free transportation to the Museum.

**Useful information**

From October 2, 2023, the exhibition is open every day, from 10 a.m. to 5 p.m.

**About the Musée de la santé Armand-Frappier**

Inspired by the legacy of Dr. Frappier, the Musée de la santé Armand-Frappier's mission is to foster understanding of human health sciences in order to contribute to the well-being of individuals and communities.

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**Source**

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