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Siel Bleu

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Health is not a luxury, but a right. For health to be accessible to all, and preventative rather than curative, society needs to put physical activity back at the centre of its concerns, and consider how it interacts with diet, social links and the environment.

This is the mission that the Siel Bleu Association has been pursuing for nearly 30 years: to get people in vulnerable situations (elderly, disabled or chronically ill) involved in physical activity, wherever they are and whatever their resources. Health must be understood in the global sense of the term, encompassing physical, mental and psychological well-being.

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