



2423 Beacon Avenue, Sidney, BC V8L 1X5
(250) 655-6355 • info@sidneymuseum.ca

FOR IMMEDIATE RELEASE

New exhibition explores the health challenges faced by astronauts in space

Sidney, British Columbia, May 3, 2025—The Sidney Museum is thrilled to announce the launch of *Health in Space: Daring to Explore*, a special exhibition developed by the Canada Aviation and Space Museum, one of three museums under Ingenium – Canada’s Museums of Science and Innovation, in collaboration with the Canadian Space Agency.

Health in Space demystifies the health challenges — such as variable gravity, radiation, and isolation — that astronauts face while living and working in space. Through authentic artifacts and captivating interactive activities, this exhibition will engage visitors to better understand Canada’s role in advancing health research. Discoveries in this field will be essential for the success of future deep-space expeditions, and may also help solve medical challenges on Earth.

Health in Space also includes video interviews with Canadian astronauts which offer first-hand insight into their experiences. A special section within the exhibition highlights astronaut David Saint-Jacques’ recent mission, from his selection and training to the experiments conducted while aboard the ISS.

Health in Space: Daring to Explore opens Monday, May 5th and runs until November 30, 2025. The Sidney Museum is located in the Lower Level of 2423 Beacon Avenue, the Olde Post Office Building, and is open everyday from 10:00am to 4:00pm. Admission is by donation.

Quotes

“Ingenium is proud to bring *Health in Space* to visitors with the help of the Canadian Space Agency. This exhibition helps to demystify a very complex aspect of space exploration, celebrate the important contributions Canadians have made in this field, and better understand the unique medical challenges astronauts face.”

- Christina Tessier, President and CEO of Ingenium – Canada’s Museums of Science and Innovation



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Contact

Michael Goodchild
Executive Director, Sidney Museum & Archives
250-655-6355
director@sidneymuseum.ca

Philippe Tremblay
Ingenium - Canada's Museums of Science and Innovation
(343) 543-5337
ptremblay@ingeniumcanada.org

About the Sidney Museum and Archives

The Sidney Museum and Archives is located in Sidney/SET, TINES on the traditional territory of the W̱SÁNEĆ People. We are grateful for the opportunity to live, learn and work alongside the BO̱KEĆEN (Pauquachin), S̱Á,UTW_ (Tsawout), MÁLEXEŁ (Malahat), W̱JOŁEŁP (Tsartlip) and W̱SÍKEM (Tseycum) First Nations. The Sidney Museum was established in 1971 with a mandate to collect, preserve and display significant historical objects and archival materials from the area. It has proudly served the communities of Sidney and North Saanich ever since showcasing objects and stories from the local area as well as hosting travelling exhibitions from other institutions. The Sidney Museum is located in the Lower Level of 2423 Beacon Avenue, the Olde Post Office Building, and is open everyday from 10:00am to 4:00pm. Admission is by donation.

About Ingenium – Canada's Museums of Science and Innovation

Ingenium celebrates the innovative spirit of Canadians by telling the stories of those who dared to think differently. Inspired by the power of ingenuity, Ingenium encompasses three national institutions: the Canada Agriculture and Food Museum, the Canada Aviation and Space Museum, and the Canada Science and Technology Museum. These three museums are places where the past meets the future, with spaces where visitors can learn and explore, play and discover. Ingenium continues to evolve — the brand new Ingenium Centre houses Canada's science and technology collection, a research institute, and a digital innovation lab, all designed to protect priceless Canadian heritage artifacts for the benefit of many generations to come. Beyond the physical walls of its museums, Ingenium's engaging digital content, outreach programs and travelling exhibitions serve to educate, entertain, and engage audiences across Canada and around the world.