

Health Education

in the comfort of your own home



The Wellness Centre is now offering clients of Jeffery Hale Community Services a chance to view health education videos on timely topics in the comfort of your own homes. Clients and their caregivers can choose from a variety of DVDs made from past teleconferences created by the Community Health Education Program (CHEP).

This DVD viewing service is also available to local English-speaking community groups.

Session Titles 2014-2015	Presenter
Gotta Go, Gotta Go: Bladder Control	Myra Siminovitch, B.Sc., Physiotherapist
Backs & Balance	Catherine St. Pierre, B.Sc., Kinesiologist
What is Autism?	Dr. Mandy Steiman, Clinical Psychologist
Prostate Cancer	Kees Maas, Ph.D., Psychologist; Cancer Survivor
Forgetful, Not Forgotten: Alzheimer's & Caregiving	Chris Wynn, Documentary Filmmaker, Teresa Anuza, Alzheimer Society
Take the Pressure Off: High Blood Pressure	Christina Weiss, M.Sc., Certified Exercise Physiologist
Diabetes—The Sugar Factor	Thea Demmers Polito, Pdt., M.Sc.,
2015-2016	
Nutrition—How to get on the right track	Dr. Sylvia Santosa, PhD.
Stroke—Brain Attack	Andréane Tardif, RD., M.Sc.,
Ticks & Lyme Disease	Kadeja Lefebvre, B.Sc., N.D doctor of Naturopathic Medicine
Life After Stroke	
Bowel Conditions and Diseases	Myra Siminovitch, B.Sc., MBA, physiotherapist
Memory Disorders and Dementia	Gisèle Coziol, RN, B.Sc., with a major in Psychology
Health Risks of Smoking	Amanda Rizk, PhD, Concordia Perform Centre, Exercise Physiologist
2016-2017	
Maintaining Self-Esteem as We Age	Norma Gilbert, Research Practitioner
Stress Anxiety and Panic Attacks	Dr. Camillo Zacchia, Psychologist
Nutrition: Let's Talk About Protein	Dorothy Moffat, Pdt.
What is Cancer?	Dail Jacob, Nurse



Centre
Wellness

A helpful Wellness Centre trained volunteer will call you to set a viewing place and time. They will deliver the DVD to you, help you to play it, and then return it to us. To arrange for this free service, please contact Jan Anderson, Community Organizer at 418 684-5333, ext. 1539, or janderson@jhparkers.net

To learn more about the CHEP program, visit:

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chssn.org/Health_Education_Program