



# Health Education

## in the comfort of your own home

A DVD viewing service for seniors, caregivers, and local English-speaking groups. Watch informative videos of recent teleconferences of the Community Health Education Program (CHEP) at home.

Session Titles 2020-2021	Presenter
Coping with Arthritis during Social Isolation	Myra Siminovitch, B. Sc., MBA, Physiotherapist
Taking Care of Your Mental Health	Yvonne Clark, Family Therapist
<b>2019-2020</b>	
Organ & Tissue Donation in Quebec	Wendy Sherry, Registered Nurse
Diabetes: What's New	Théa Demmers, Registered Dietitian
<b>2018-2019</b>	
Flu and Other Vaccines – What You Need to Know	Jean-Marc Belanger, Community Pharmacist
Seniors' Loneliness & Social Isolation: The Consequences	Ruth Pelletier, Community Advocate
Understanding Your Bowels for Better Bowel Health	Myra Siminovitch, B. Sc., MBA, Physiotherapist
Gotta Go, Gotta Go – Bladder Health Update	Myra Siminovitch, B. Sc., MBA, Physiotherapist
What's New in Palliative Care?	Zelda Freitas, Social Worker
Women's Heart Health	Wendy Wray, RN, BScN, MScN, Director, Women's Heart Health Initiative
<b>2017-2018</b>	
Living Life's Losses	Yvonne Clark, Grief Counsellor, Family Therapist
Better Bone Health: Osteoporosis	Myra Siminovitch, BSc., MBA, Physiotherapist
Powers of Attorney, Mandates & Medical Directives	Sarah Dougherty, Lawyer with Éducaloi
What is Parkinson's Disease?	Danielle Blain, MSc Regional Director of Parkinson Canada, Quebec
Medical Emergencies in Seniors & How to Handle Them	Jennifer Hobbs-Robert Senior Advisor, JHCommunity Partners



A trained volunteer will call you to set a viewing place and time. They will deliver the DVD, help you to play it, and then return it to the Wellness Centre. To arrange for this free service, please email Claire Quenville, program coordinator: [cquenville@jhpartners.net](mailto:cquenville@jhpartners.net)