

Health Education

in the comfort of your own home



The Wellness Centre offers clients of Jeffery Hale Community Services and their caregivers a chance to view health education videos on timely topics in the comfort home. 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 2017-2018	Presenter
Living Life's Losses	Yvonne Clark, Grief Counsellor, Family Therapist
Eating Well: Sugar and Salt – what's New?	Dorothy Moffat, Dietitian
Better Bone Health: Osteoporosis	Myra Siminovitch, BSC., MBA, Physiotherapist
Why Can't I Sleep?	Catherine St. Pierre, BSC, Kinesiologist
Powers of Attorney, Mandates & Medical Directives	Sarah Dougherty, Lawyer with Éducaloi
Ticks and Lyme Disease – An Update	Kadeja Lefebvre BSC, ND doctor of Naturopathic Medicine
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, JHCP
The Changing Role of the Pharmacist	Jean-Marc Bélanger, Pharm. D., Community Pharmacist
Oral Health & Hygiene	Fabiola Lamonthé, Dental Hygienist
What did you say? Hearing Loss	Lorna Dowson
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@jhpartners.net

To learn more about the CHEP program, visit:

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chssn.org/Health_Education_Program