

# 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 2014-2015	Presenter
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.,
<b>2015-2016</b>	
Nutrition—How to get on the right track	Dr. Sylvia Santosa, PhD.
Stroke—Brain Attack	Andréane Tardif, RD., M.Sc,
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
<b>2016-2017</b>	
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
<b>2017-2018</b>	
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



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](mailto:janderson@jhpartners.net)

To learn more about the CHEP program, visit:

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[chssn.org/Health\\_Education\\_Program](http://chssn.org/Health_Education_Program)