



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 2018-2019	Presenter
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
2017-2018	
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, JHCommunity Partners
The Changing Role of the Pharmacist	Jean-Marc Bélanger, Pharm. D., Community Pharmacist
Oral Health & Hygiene	Fabiola Lamonthe, Dental Hygienist
What did you say? Hearing Loss	Lorna Dowson



May 21, 2019

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To learn more about CHEP: chssn.org/Health_Education_Program