

In partnership with **CISSS Monteregie Centre**, ARC will lead us through the six series of topics that will take place every second Thursday between September and November: at 10 am to 12 noon & always at the Arena 195 Empire GFP 2nd floor

Drugs and Medication

- **Quality Sleep**
- **Healthy Joins**
- **Nutrition and digestion**
- **Stress without distress**
- **Better Manage your Health**



The SSCPN would like to thank Ville Longueuil for providing the space to host these Health Sessions

The sessions and material will be in English

This program initiative is funded by Assistance and Referral Center for Health and Social Services (ARC) through a financial contribution from Health Canada through CHSSN



Hosted by the Assistance and Referral Center at the Cynthia Coull Arena
2nd floor 195 Empire
Greenfield Park-Longueuil
J4V -RTL buses 15-1
Lots of parking in front of Legion

Free (in English) Health Promotion Series in Partnership with the Assistance and Referral Center for Health and Social Services (ARC)



Limit of up to 25-30 persons for the full six session and we are open to all South Shore Residence

Starting Thursday **September 20-Every second week until November 29 2018** from 10 am to 12 noon
Pre-reservation will be required.

South Shore Community Partner Network (SSCPN) Assistance and Referral Center for Health and Social Services (ARC)

These information sessions are as hosted in partnership as part of our ongoing efforts to promote community Health and Wellness.

for information 450-466-1325
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Healthy after fifty plus: September 20-10am-12noon

1. Drugs and your health

- What is a medication?
- Different kinds of medication
- Drug interaction
- Side effects
- Age related obstacles
- Generics



2. Quality sleep: October 4th -10am-12noon

- Benefits of sleep
- Sleep cycles
- How sleep changes with age
- Sleep disorders
- Sleeping pills and their side effect
- Tips for a better sleep
- Memory and aging



3. Healthy joints October 18th -10am-12noon

- Joint structure
- What's arthritis?
- Treatment and medication
- Osteoporosis



Space is limited to 25-30 persons so, we can have time for Questions and Answers. While material is provided its suggested to bring a pen and note pad.... also if you prefer your own water bottle.

4. Nutrition and digestion November 1st -10am-12noon

- The digestive system
- Anatomy
- Different troubles that can occur
- Constipation
- Fibers
- How to read the nutrition label



5. Stress without distress November 15-10am-12noon

- What are stress and anxiety
- Positive and negative stress
- The effects of stress on your health
- How to cope with stress
- Antianxiety pills
- Depression
- Hypertension



6. Better prepared to manage your health

November 29 -10am-12noon

- Cleaning out your drug cabinet
- Words of advice when taking medication
- How to better manage your medication
- First aid kit
- Vaccination
- How to prepare for your medical appointment
- Basics about health care

