



Association pour la santé environnementale du Québec
Environmental Health Association of Québec

ECO-JOURNAL

December 2020

News from ASEQ-EHAQ

Hello to all members and friends of ASEQ-EHAQ,

During this last month of the year, we wish you health, peace, and joy. We also wish that you carry these precious gifts into the New year. How quickly this year has gone. It has been a time of learning and ups and downs. We hope that all of you are well and taking care to follow the health measures in place to protect yourself and others from being infected by the virus.

The "[MCS/COVID-19](#)" project we are working on is almost ready to be sent for ethics approval before we launch the survey, which will be found on our website. So please stay tuned for news and updates.

Thank you for your positive feedback on our [websites](#). To make it easier for you to navigate the website and get informed, we are launching 'Eco-Express'. It is a bi-weekly news bulletin meant to introduce different parts of the website to you and also bring new features to your attention.

Have you visited our "[Eco Living Guide](#)"? Please share this guide to help people find healthy solutions for everyday living.

Association pour la santé environnementale du Québec - Environmental Health Association of Québec (ASEQ-EHAQ)

aseq-ehaq.ca EcoasisQuebec.ca EcoLivingGuide.ca EnvironmentalSensitivities.com

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Are you part of our social media? Please do join our [Facebook](#), Twitter, and Instagram – and also ‘like’ and share the posts on our Facebook and other social media. We are actively using these and other tools for education and awareness of environmental sensitivities. Your participation will help the cause.

We create a [newsletter](#) every month to convey information on how to change our environment to improve our health. If you are interested in contributing to the newsletter, please let us know. ASEQ’s newsletter is produced through volunteers and we are very thankful for their dedication to the cause of healthy living, and the prevention of environmental sensitivities.

This month, we have brought you articles ranging from youth and climate change to indoor air quality, and the choices for a Christmas tree; not to forget a helping hand with resolutions that we make every year.

On December 14th and 7:00 pm, we will have our next online presentation by Dr. John Molot. The title and some details of this presentation are:

[Mechanisms of the impact of pollution on brain function](#)

Neurodevelopment, neurodegeneration, and chemical sensitization

The brain is especially vulnerable to damage from exposures to airborne chemicals. This includes deficits in brain development in young children, neurodegeneration in adults, and sensitization in susceptible individuals.

To register for this event, click here:

<https://us02web.zoom.us/meeting/register/tZAqf-ChqzljE9xHwAfUfghecb6TxVy1nLU9>

As this year comes to an end, foremost in our minds are our children and grandchildren, and how the choices we have made and will make are shaping the future for them. We ask you to share our newsletters, websites, and social media



widely. Use these tools to spread the word that we need to be the change for the future.

Our best wishes to one and all for a peaceful, healthy holiday season.

Take care and be well,

Rohini Peris, *President*, ASEQ-EHAQ

Michel Gaudet, *Executive Director*, ASEQ-EHAQ