



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

ECO-JOURNAL

November 2020

News from ASEQ-EHAQ

It's November and we're back! And this time with good news!

ASEQ-EHAQ has brand-new websites!

www.EcoLivingGuide.ca

An amazing addition to ASEQ-EHAQ is a website, the [ECO LIVING GUIDE!](#) Our sincere thanks to our volunteer Aurane Couenne for her wonderful work! Please share this website with everyone: by spreading the word or by posting on your social media. Let this be a platform for change – for healthier choices and a healthier planet.

www.aseq-ehaq.ca

Since March this year ASEQ-EHAQ has been working hard towards creating a new website. We kept you, our members, people suffering from environmental sensitivities and our well-wishers at the core of our planning and design. You will find many new additions and we hope that the information contained in this website will help you with your daily life; with

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(ASEQ-EHAQ)**

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obtaining accessibility to services and care; for educating friends, family, those around you, and decision makers; and for making your life easier.

We want this to be a tool for change: for you, for us and for people who don't have this health condition but are profoundly touched by your stories, your suffering, your unimaginable loss and great strength.

A Survey!

Take action and be a part of our work! You have an opportunity to [fill a survey on the website](#), which you will find on our home page, at '***Do you suffer from Environmental Sensitivities?***'. We have included this survey so that you can tell your story and be a part of the change that we need. The completed survey is absolutely confidential and the data will help us to help people suffering from this health condition. By presenting the evidence online, through presentations and to governments, we can move forward towards recognition and care for people suffering from environmental sensitivities.

Thank you to volunteers and new members!

We reached out, and you answered! Thank you!

We have many new members and volunteers who have joined us, many of whom do not have environmental sensitivities. We take this opportunity to sincerely thank them for their dedication to the cause which shows up in the wonderful work that they do. To all our great volunteers, **thank you!**



Online Event November 9!

Online Education and Support Meeting via Zoom

Mark your calendars! There will be an online event

When: November 9

What time: 7 pm

Title: Introduction to MCS: The Journey – Part 2

Speaker: John Molot, MD

Moderator and translator: Michel Gaudet

Register in advance for this meeting:

https://us02web.zoom.us/meeting/register/tZlkc-mgqjloGtdAil_cdWAZawTCMvrSB5dl

After registering, you will receive a confirmation email containing information about joining the meeting. If you don't receive it, [please contact us](#).

Don't forget to mark the date on your calendars! Also, please log in ten minutes in advance to make sure you can attend the event – in case you have problems joining the meeting. If you register for the event a few minutes before the meeting starts, we will not be able to accept your registration. So please register as soon as possible.

View previous online meeting

To view the previous meeting held on September 30, 2020, titled **Introduction to MCS: the journey – Part 1** please [click here](#).



Happy November & take part in the newsletter...

In closing, we hope that you enjoy the newsletter and that you will share it with family, friends and on your social media. As always, we welcome your articles or suggestions for topics.

Enjoy November before it runs away!

Take good care and be well.

As always, we wish you the best of health!

Rohini Peris, President, ASEQ-EHAQ

Michel Gaudet, Executive Director, ASEQ-EHAQ