



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

ECO-JOURNAL

April 2021

Make every day an Earth Day!

News from ASEQ-EHAQ

Hello to members and friends,

It is the month to celebrate Earth Day, which is on April 21. And while it is a good thing to have a day to celebrate our Planet, we urge you to make every day Earth day. To raise our consciousness and awareness to the fact that whatever we do impacts the Planet. So, we have to live wisely and spread the message. We have only one planet. A healthy planet will support healthy individuals. To help you, your family, friends and acquaintances, we draw your attention to our [EcoLivingGuide](#). Kindly share far and wide. Let us know if you have ideas for improvement. We are listening!

To all of you who participated in our annual general meeting, we thank you! Saturday March 20, was a warm sunny day and we wondered if anyone would turn up for the online AGM meeting, given the wonderful weather! But you did turn up in important numbers and we were happy to present to you, what the association has accomplished in 2020, despite the pandemic.

Once again, we extend our sincere thanks to everyone who works to support and help the association – [our board, advisors to the board](#), volunteers, employees and our funders. And most of all, we thank you our members!

We are very pleased to inform you that some participants have offered to volunteer for the association. If volunteering interests you, please [visit our website](#) to find out about our volunteering opportunities.



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We would like to devote a visible section on our website for your stories. After all, ASEQ-EHAQ would not exist without you – and the group was started to advocate for your needs and to educate and create awareness of this disabling medical condition. We know that there are thousands of stories out there. Incredible stories of courage, strength, resilience, ingenuity and how you have managed your lives in the face of so many disabling challenges. *We feel that you must be heard.* That what you have experienced and are experiencing is important and must be read by others. Your story needs to be told. The length of your story can be as long as you need it to be. We will edit it and send it back to you for approval. Following that, it will be translated and loaded on the website.

Please contact us if you feel that this is a good idea and if you want to participate. To protect your privacy, you could use a nickname.

Our wish for you is that April brings hope, beauty and wellness into your lives.

Take good care.

Best wishes,

Rohini Peris, President

Michel Gaudet, Executive Director

