



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

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News from ASEQ-EHAQ

Hello Dear members and friends,

Have you participated in the [Elections 2021 action](#)?

This is a great opportunity to take action for people experiencing multiple chemical sensitivity (MCS).

Let your family and friends know about this outreach for education, awareness and change, and ask them to participate too.

If you are too ill to participate on your own, contact us at ASEQ-EHAQ, and we would be happy to act on your behalf. Or, ask a family member or friend to help you send the message. It is just one click on our website to make your voice heard. We made it easy for you, so you can participate easily.

You have two ways of participating:

- 1) Send a message to the leaders of the political parties, and your local member of parliament: [CLICK HERE](#)
- 2) Call your representatives: [CLICK HERE](#) Don't forget to reach out to your local candidates too! There is a list of talking points on this web page, which you can use to convey your message. Of course, there is nothing more powerful than your own personal story.

Here is a [list of representatives in Canada](#)

Or, find your candidates at [elections.ca](#)

While we are on the subject of your personal story, have you considered writing your story for our website at [Your Voice Matters](#)? Your voice *does matter!* Many people don't know about MCS – this is a great way to teach them. You can use your name or remain anonymous. Are you too ill to write? We would take your story over the phone and send





it to you for your approval before it is published on ASEQ-EHAQ's website.

But for now, without delay... off we go to [MCS action for change!](#) Don't let this opportunity pass us by. The next elections are probably four years away! Take action! Be a part of the change we need to happen!

Happy September, everyone!

Be well and take care,

Rohini Peris, President

Michel Gaudet, Executive Director