



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

ECO-JOURNAL

September 2022

News from ASEQ-EHAQ

Hello to all,

Hope everyone is doing well, and that you enjoyed the summer!

We at ASEQ-EHAQ have been busy right through the summer and had really interesting events including a Round Table.

First of all, we would like to draw your attention to the event for today. We have advertised this event earlier – and hope that you see it in time to join us. We have often heard that it is difficult to exercise due to pain or due to the fact that going outside for a walk could entail exposures to laundry fumes, car exhaust, etc. For this reason, our Hand in Hand committee decided to introduce chair yoga. Here are the details for September 1:

Your Hour of Selfcare Practice

September 1, Thursday, at 2 pm

Zoom link, please register in advance:

<https://us02web.zoom.us/meeting/register/tZMkdOCgrTwsHdA-0rcpGQ2lc50KCxsdWyGh>

Yoga teacher: Bhaskar Goswami, senior yoga and meditation teacher.

Gentle chair-based movements, calming breathwork, guided meditation, and group discussion.

The intention of this practice is to cultivate an easeful body and a calm mind. This is to support and complement the healing and recovery process. The practice is suitable for all levels and no previous experience is required. It is recommended to not eat a heavy meal before the class and to have your video camera.



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The live virtual Zoom classes will be for 1 hour. The class will be offered mainly in English. The participants are invited to communicate in English or French.

The class will begin on time. Kindly be present at least 5 minutes before to ensure comfort before the class begins.

On September 12, Jon Eakes will take us again on a journey of identifying healthy materials for renovations. Don't miss the event!

Materials in an MCS friendly habitation

September 12, Monday, at 2 pm

Zoom link, please register in advance:

https://us02web.zoom.us/meeting/register/tZcvcuuhpjgpHdPfHcU9mampwuA_K34w_YA

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Every last Friday of the month we have an **open house** via zoom from 2:30 to 4:30 pm.

No registration is required to attend. Here is the zoom link:

<https://us02web.zoom.us/j/87476735966> . The September Open House will be on Friday, September 30. Please mark your calendar and save the zoom link.

We continue to take steps towards removing the report on MCS done by the National Institute of Public Health Québec (*Institut national de santé publique du Québec* (INSPQ)), and one of the actions we wish to take is to deposit a report on the potential for harm from this report. We need your help. Please read about the report here:

<https://aseq-ehaq.ca/en/we-invite-you-to-make-your-voice-heard/> and after you have read this, please fill the form at this link: <https://forms.gle/PU1M2YWfgr4yLM2X6>

As always, we wish you a great September. Enjoy the colours, take care and be well.

Our very best wishes to you,

Rohini Peris, President

Michel Gaudet, Executive Director