



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

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News from ASEQ-EHAQ

Hello members and friends,

Here we are in the last month of 2022!

It has been a year of significant events for us in the MCS community: of great loss with the passing of [Dr. Lynn Marshall](#), our mentor and guide, and the shocking tragedy of '[Sophia](#)', our friend, member, and volunteer, the shock of an [outrageous, erroneous report on MCS](#) by the National Institute of Public Health Québec, the joy of working with you on the [Hand in Hand project](#), research projects applied for and started, the great excitement of a mega national project over two years, that was started mid-November, and resurrecting our housing project, [ECOASIS](#).

In between all of the above, we brought information to you through social media platforms, newsletters, emails, website content, videos, and meeting with you at numerous events – both for learning and for inclusion through the 'Open House' zoom meetings every last Friday of each month. It has been great working with you, and we look forward to seeing you at the following events in December:

Chair Yoga: Your Hour of Selfcare Practice

December 8, Thursday, from 7:00 to 8:00 pm

Registration in advance is required:

<https://us02web.zoom.us/meeting/register/tZcodOCqrdWpEtzTg2moYJpJAtcTv-q88PQi>



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

Yoga means "union of oneself with the absolute". With regard to health in particular, it is advisable to practice yoga, which is characterized by its postures and breathing, as well as by meditation. This approach brings balance and calms the mind.

Chair yoga is a great way to get the wonderful health benefits of yoga. It also makes yoga accessible to more people and provides tools on how to manage unpleasant times. The benefits of chair yoga include loosening and stretching painful muscles, reducing chronic pain, decreasing stress, and improving circulation.

Online Party for the Holidays

December 16, Friday, at 7:00 pm

Registration in advance is required:

https://us02web.zoom.us/meeting/register/tZYrduyhqzgiHtzz5X88jTuq7V2045oEXp_l

The ASEQ-EHAQ online party for the holidays is here and you are invited to join us in this celebration. On this occasion, we are leaving the floor to our guests to share any talent, music, poetry, etc., and in addition, if everyone could share one good thing that happened on a personal level this year. Let us all be empowered by positive messages, and carry this feeling forward, as we get ready to step into the new year.

Wear your favorite holiday sweater and bring a snack!

The event will be bilingual, participants are welcome to communicate both in French and English.



On behalf of the board and team of ASEQ-EHAQ, we take this opportunity to wish you, dear friends and members, our very best wishes for the holiday season.

In solidarity and health,

Rohini Peris, President

Michel Gaudet, Executive Director