



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

ECO-JOURNAL

May 2024

News from ASEQ-EHAQ

Message for the month of May 2024

The month of May holds significant importance for Multiple Chemical Sensitivity (MCS), serving as a time for raising awareness, empowering individuals, advocating for policy change, educating the public, and promoting accessible environments. Through collective efforts and initiatives, May becomes a beacon of hope and solidarity for those affected by MCS, driving positive change, and fostering a more inclusive and understanding society.

Dear members and friends

We are delighted to share the [Month of May webpage](#) dedicated to Multiple Chemical Sensitivities. On this page, you will find [a message about lighting up Canada for May 12](#), and also [a list of iconic landmarks](#) across Canada that will light up for May 12.

How can you participate?

- If you live near these areas, please take a photo, and send it to us.
- It's also not too late to send [our message](#) to buildings that light up around you.

In addition, let's have some fun! Be Part of the Illumination! Join the **Shine & Share** Campaign

- Deck out your space with green and yellow lights to show solidarity for MCS during the month of May.



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- You can also place green and yellow objects together - you can use paper, fabric, or even your clothes!
- **Snap a photo of your illuminated or other display.**
- Email it to us at office@aseq-ehaq.ca

Win a Gift of Gratitude

- The first five participants to share their lights or other displays will receive a special gift card as a token of our appreciation.

Let's bathe our communities in colours that represent the strength and resilience of those affected by MCS. We can't wait to see your pictures! We will also be using images for our social media outreach.

We have some exciting events for May, and we hope you will join us. You can view these events on our website [by clicking here](#)

We wish you a wonderful month of May, and as always, we send you our wishes for good health.

Our very best to you,

Rohini Peris, President & CEO

Michel Gaudet, Executive Director