

"GOOD HEALTH AFTER 50!"

(En santé après 50 ans!)

Program consisting of **6 FREE** seminars offered by your local CLSC
in collaboration with the FADOQ (senior's association)
(minimum participation requirement of at least 15 people)

TOPICS TO BE DISCUSSED;

Seminar # 1 : *GENERAL INFORMATION ON MEDICATIONS*

General overall health and changes associated with aging
Different aspects of medication
Our attitudes and opinions concerning medication
Side effects experienced from taking medication
Natural products
Alternatives to medication



Seminar # 2: *SLEEP*



The benefits of sleep
The stages of sleep
Aging and its effects on sleep
Insomnia and sleep disorders
Sleeping pills and its side effects
Alternatives to sleeping aids

Seminar # 3 : *ARTICULATIONS*

The structure of a joint
Osteoarthritis and arthritis
Pain's vicious cycle
Anti-inflammatories and their side effects
Alternatives and prevention
Osteoporosis



Seminar # 4 : *THE DIGESTIVE SYSTEM*



The digestive system's structure and role
Changes due to aging
Constipation causes and symptoms
Laxatives and their side effects
Alternatives and prevention
Canadian Food Guide
Bingo!

Seminar # 5: *STRESS!!!*

Demystifying stress and anxiety
Manifestations of stress, anxiety and depression
Sources and consequences of stress
Stress evaluation
Tranquilizers, anti-anxiety and anti-depressants
and their side effects
Alternatives and prevention



Seminar # 6 : *TAKING CHARGE OF OUR HEALTH!*



Synthesis of the first 5 seminars
"Spring cleaning" of our medicine cabinet
Medication codes
Preparation for your interview with the doctor and/or
Pharmacist
Evaluation
Door prizes!

A healthy, theme related snack will graciously be served during each seminar.
Lively discussions, games, videos and much more will be on the agenda!

SEMINAR HOSTED BY ST.ANDREWS UNITED CHURCH
11 - 4TH AVE. DELSON QC

For information please call : Judy Sheepwash 450-638-2703 after 6PM weekdays
Or Valerie Epps 450-632-0228 after 6PM weekdays