

# HEALTHY after 50 !

## TOPICS

- 1 **Drugs** and your health
- 2 **Quality sleep**
- 3 **Healthy joints**
- 4 **Nutrition and digestion**
- 5 **Stress** without distress
- 6 **Better prepared to manage your health**



## REGISTRATION

For more information or to register alone or as a group contact:

450 691-6666 or 1 866 603-7114 ext. 2227

For residents of :

- Candiac
- Châteauguay
- Delson
- Hemmingford , village et canton
- Kahnawake
- La Prairie
- Léry
- Mercier
- Napierville
- Saint-Bernard-de-Lacolle
- Saint-Constant
- Saint-Cyprien de Napierville
- Saint-Édouard
- Saint-Isidore
- Saint-Jacques-le-Mineur
- Saint-Mathieu
- Saint-Michel
- Saint-Patrice-de-Sherrington
- Saint-Philippe
- Saint-Rémi
- Saint-Urbain-Premier
- Sainte-Catherine
- Sainte-Clotilde
- Sainte-Martine

Centre de santé et de services sociaux  
Jardins-Roussillon

Agence de la santé  
et des services sociaux  
de la Montérégie  
Québec

fadoq  
Région  
Richelieu-Yamaska

fadoq  
Région  
Rive-Sud-Surest



# HEALTHY after 50 !

**Your HEALTH...  
your fortune !**

## Would you like to improve or maintain your health?

Your "Centre de santé et de services sociaux" invites people 50 and over who are interested in investing in their health to participate in a series of information sessions.

### Free sessions

The program consists of two-hour group sessions offered weekly for six weeks.



### Topics that matter

For each topic covered, a public health nurse will help you understand how the body works and how the aging process affects it. You will receive tips and advice enabling you to cope with these changes, to feel comfortable with them and to improve your health.

### The program

The **Healthy After Fifty** program is a result of the collaboration between your CLSC/CSSS, the "Agence de la santé et des services sociaux de la Montérégie" and your regional FADOQ.

### A healthy longer life

The public health nurse and an assistant will use a dynamic approach to foster the exchange of ideas during the sessions.



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