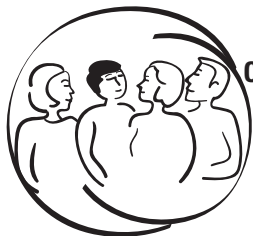


CSSS de Laval Users' Committee Informs You



CSSS de Laval
Users' Committee

At the end of 2008, Laval's population was composed at 15% of 65 year-olds and people older, which corresponds to nearly 58 000 resident. This age group being so large, it deserves its own specific programs. Here are some available ones.

To stay autonomous and healthy as long as possible

P.I.E.D.

The integrated program of dynamic balance (P.I.E.D.) is targeted towards the 55 year-olds and people older without any balance issues or slight balance losses. Two meetings per week for ten consecutive weeks will be animated by a physical rehabilitation therapist. During these meetings, exercises easy to do, both in group and at home, as well as information capsules on safe behaviour, home conversion, fall prevention and osteoporosis, amongst other topics, will be offered.

Medication advice

A series of six interactive meetings intended for 55 years-old and older people wishing to improve their knowledge on drugs and their effects is animated by a nurse. Covered topics include interactions between natural products and me-

dication, alternatives to medication, sleep issues, stress and anxiety, sorting out your drug-pharmacy and getting ready for you doctor's appointment.

Eating well to stay healthy

A nutritionist proposes to 55 years-old people and older a series of six meetings aiming to rediscover the pleasure of eating, simple and nutritious snacks tasting as well as information on the benefits of healthy eating, being aware of your nutritional needs, understanding food labels, the digestive system and several other topics.

Strengthen your brain

Offered in retirement homes or through some community organiza-



tions, this program include ten meetings, over a once-a-week schedule, and is aiming to promote intellectual vitality, cognitive work-out, memory and attention capacity training along with knowing more about our intellectual faculties.

For more information: 450 622-5110 ext. 4922

This information capsule is brought to you by the CSSS de Laval Users' Committee, whose representative in regards to services to people with autonomy loss related to ageing is:

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