



THINK HEALTHY !

Français au verso

Number 2 December 2010

THE FAMILY
HEALTH NEWSLETTER

Healthy Living : Eat well and Be active !

Healthy living means making positive choices that enhance
your personal, physical, mental and spiritual health.

You make these choices when you:

- Eat nutritiously, choosing a variety of foods from all of the food groups as suggested by [Canada's Food Guide](#);
- Build a circle of social contacts to create a supportive environment of people who care for you and respect you;
- Stay physically active to keep your body strong, reduce stress, and improve your energy;
- Choose not to smoke and put an end to other negative lifestyle practices.



Every Day for Life!

Be Active, Your Way,



Age is no barrier

Healthy living choices are affected by where you live, work, learn and play. Keeping yourself informed about positive health practices within your environment is an important way to improve your overall health and sense of well-being.

Source : Health Canada



The [Canada's Physical Activity Guide](#) recommends adults accumulate at least 30 minutes of moderate or vigorous physical activity daily (at least 60 minutes of moderate or vigorous physical activity for children and youth).

Ideas and Recipes

Cold hands, hot meals !

Des aliments « doudou » qui réconfortent...

Here are a few tips to help improve the quality of your favourite “comfort foods.”



Soup's on!

Flavour your soup broths with your favourite herbs: parsley, basil, oregano, thyme, etc.

Add fresh or frozen vegetables (carrots, onions, turnips, snow peas, spinach, green beans, celery, peppers, etc.), and whole grain pasta or rice.

- For a **creamier soup**, process boiled vegetables with their cooking water in a food processor or blender, and season to taste.
- **To turn your soup into a meal** in itself, just add legumes: red kidney beans, lentils, chickpeas, etc.

A one-cup bowl of soup is equal to approximately two portions of vegetables.

Bon appétit!

Source : Kino-Québec

Useful Website Addresses

Winner of many awards and honours:
iQuitNow, the site that will help you
free yourself from tobacco.
(Teens and adults versions)

www.iQuitNow.qc.ca

If you'd like to talk to someone
who can help you quit smoking,

Call the iQuitNow help line at
1-866-527-7383

(Mondays to Fridays,
from 8:00 a.m. to 9:00 p.m. 21h)

Contest



**Play outside,
be active.**

Have some Winter Fun!

DRAW (8½x11) or **DESCRIBE** (50 words max)
your favorite activity.

*Have you practiced it lately ?
With your family or with friends ?*

Give a title to your activity,
Write your name, your age,
Your telephone number
And your address.

Mail your drawing or text to:

WINTER FUN Contest
80, rue Principale
Métis-sur-Mer, QC
G0J 1S0

Draw:

January 14th, 3 p.m.

There will be two prizes awarded: one for the picture and
another one for the text.

GOOD LUCK ! AND HAVE FUN !





is a non-profit organization that provides legal information to citizens in everyday language.

We provide services in French and English.

Based in Montreal, we are a group of 17 lawyers, notaries and communications experts.

Our activities

Website: info-sheets, videos and quizzes on topics such as health, family law, language rights, seniors' issues, housing, business law and charities

Projects: workshops, teaching resources, webinars, toolkits, writing contests for schools, etc.

Consulting Services: helping other organizations communicate legal information in plain language

Note that we provide information, not legal advice. We cannot advise people on their personal legal problems.

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Explore our justice system and learn more about the various steps in a trial and the role of each person involved in the process.

YOUTH ZONE

ÉDUCALOI.TV

RÈGLES

#06 - Registered Charities - Rules on Business Activities
Watch the other videos

PUBLIC FORUM

Feature Story
November 2010
The 2010 Lola Decision: Support for Common-Law Partners Gets the Green Light?
Did you see the headlines recently? You might have heard about the "Lola" court case and how common-law partners can now get support payments from a former partner. Is this really true? If so, why the change?
Read more

Have Your Say
[An Employee's Duty of Loyalty](#)

Test Your Knowledge
[Working for a Competitor](#)

Éducaloi Recommends
["Les Rendez-vous avec la Justice" - the New Website](#)

LEGAL INFORMATION DIRECTORY

Want to learn more about your rights and obligations? Take a look at the following topics:

- ▶ HEALTH AND LOSS OF AUTONOMY
- ▶ FAMILIES AND COUPLES
- ▶ CRIMINAL AND PENAL LAW
- ▶ JUSTICE SYSTEM
- ▶ CONSUMER RIGHTS AND PERSONAL FINANCE
- ▶ EMPLOYMENT AND BUSINESSES
- ▶ HOUSING
- ▶ INDIVIDUAL RIGHTS & CITIZENS AND GOVERNMENT
- ▶ CIVIL RESPONSIBILITY
- ▶ PROFESSIONAL SERVICES (LAWYERS, DOCTORS, ETC.)

CONFERENCE PRESENTATIONS

COLLOQUE ANNIVERSAIRE 10^e ÉDUCALOI
DIRE LE DROIT POUR ÊTRE COMPRIS

STAY CONNECTED TO ÉDUCALOI