



Want to Learn more about an iPad, Tablet or Laptop?



The Wellness Centre is hosting in-person training in the use of an iPad, tablet, laptop or other communications device. The classes will be held in the multi-purpose room on the lower level of the Centre de santé starting November 1 at 9.30 am. We plan a 1 hour session with our preferred trainers – Cyber Seniors via Zoom followed by ½ hour of in-person extra training from David Macbeth and Geoff Warren in the Wellness Centre. You can bring your own device, or **we can lend you an iPad** for a couple of months – long enough for you to get instruction on how to use one and then to make a decision about whether you want to get your own internet hook-up and tablet. **To participate, telephone Dian Cohen at 819-993-5824.**

Important message ! Flu Vaccinations Begin in November

Health professionals are advising that you get your annual flu shot this year as soon as they are available. CSVN is taking appointments now.

The flu shot is free and strongly recommended for the following people:

- People aged 75 and over;
- People with a chronic illness aged 6 months and over (including pregnant women)
- Pregnant women in the 2nd and 3rd trimester (14th week and over) (in good health or suffering from a chronic illness) ;
- People residing under the same roof and natural caregivers of the people mentioned above;
- Parents, brothers and sisters of children under 6 months;
- Health workers.

Vaccination is also free for the following people:

- Children aged 6 to 23 months in good health;
- People aged 60 to 74 in good health.

The pneumococcal vaccine to guard against getting pneumonia is also available for people with chronic illnesses and people 65 years of age and older.



Meet our Physiotherapist Cynthia Dupuis-Michaud



Cynthia has a master's degree in Physiotherapy from the University of Sherbrooke. She has been practicing for close to a decade, most recently with the PhysioExtra Group. She would be pleased to treat you for any condition that is making you miserable: neck, back and lumbar pain, bursitis, tendinitis, frozen shoulder, muscle stiffness, muscle imbalance, sprains, post-fracture and post-operative, headache, migraine, vertigo/dizziness, balance problems, post-concussion rehabilitation, orthopedic therapeutic exercises. or any other ailment. Phone the clinic for an appointment.

Thank you for choosing Centre de santé and for your continued support.