

The Bulletin Express

The Amyotrophic Lateral Sclerosis Society of Québec



UPCOMING SUPPORT GROUPS:

① SUPPORT GROUP\CONFERENCE

PLEASE JOIN US AS OUR GUESTS FOR A SPECIAL EVENING

(Bilingual Workshop – no cost)

**“LOL with the Laughologist”
The healing power of laughter**



When : Wednesday, March 17 2010

Time : 6:30 to 9:00 pm

Where : Lori Black Community Centre
8160, Chemin Royden *** door « C »
Mont Royal, H4P 2T2

Guest speaker - Albert Nerenberg

As he travelled the world researching the source and nature of contagious laughter, Albert Nerenberg developed a laughter health method called Laughercize. His popularity as a speaker and entertainer is based on his themes of the power of positive behaviours - laughter, smiling and teamwork in our lives. Nerenberg talks laughter on CBC's Radio Noon as well as being regular guest of the Charles Adler Show. He also writes a popular series for the Montreal Gazette on the New Positivity. Visit his website at: <http://laughercize.com>

② INTERACTIVE GROUP

Wednesday, March 24, 2010, 1 to 3 pm at our offices

One group for **caregivers**, one group for **persons diagnosed with ALS**

③ TELE-SUPPORT GROUP – NEW !

For who ? Individuals living with ALS and caregivers of Saguenay/Lac-St-Jean and Côte-Nord regions

When ? Tuesday, March 30th 2010 from 7 to 8 pm

This tele-support session's main objective is to facilitate exchanges with others living the same reality. During this tele-support session you will be able to ask questions, comment, share your experience and perhaps find the necessary help to lighten the load of every-day life... and who knows, maybe create helpful & nourishing bonds.

***** Upcoming regions: details coming soon !**

If you wish to participate in a telephone support group with people in your region, please communicate with Yves Lafleur at (514) 725-2653, ext. 107 or at 1-877-725-7725



For more information and to confirm your presence at any of the above, please call



(514) 725-2653 or 1-877-725-7725 (toll free) or write us at : info@sla-quebec.ca

2010 WALKS FOR ALS

**Saguenay (NEW !): July 3, Sherbrooke : August 28, Québec : September 11,
Charlevoix : September 12, Montreal : September 25, Outaouais : September 26.**

*****To create your personal page for one of these events or further information, consult our Web site: www.sla-quebec.ca**



Pay tribute to a loved one touched by ALS or to someone who has inspired you on the Team Proudfoot « **Inspired Mosaic** » : www.sla-quebec.ca

