

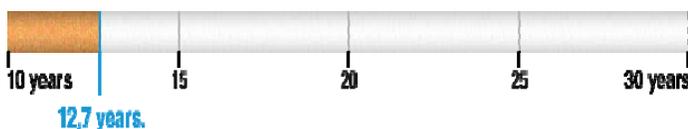


Quebec Tobacco-Free Week: January 19 to 25, 2014

Want to effect change?

Quebec Tobacco-Free Week is an opportunity to get involved in efforts to reduce the use of tobacco in Quebec. Whether you're a smoker, an ex-smoker or a non-smoker, every gesture, however small, makes a difference.

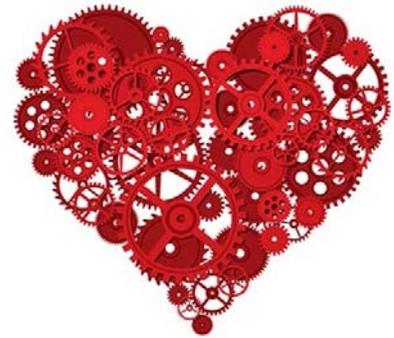
- Learn about effective ways to quit smoking or encourage someone who wants to quit by offering support. iQuitnow services can also be useful for the entourage. For more information, visit the following website: www.jarrete.qc.ca.
- Talk to people around you about the risks associated with smoking. Establish clear rules concerning the non-use of tobacco at home and in the car when young children are present.
- Never purchase tobacco products for a young person. Did you know that smokers light up for the first time at an average age of 12.7 years?



The scope of the problem

- Smoking causes one-third of all deaths due to cardiovascular disease, the majority of cases of emphysema and more than 85% of lung cancers.
- A child exposed to second-hand smoke presents a higher risk of suffering from otitis, colds, respiratory problems and learning difficulties.
- 1 in 2 regular smokers will die as a result of tobacco use.
- Tobacco creates a physical and psychological dependency comparable to that of heroin or cocaine.
- Smoking claims 28 victims per day in Quebec, or about 10,400 avoidable deaths every year.

Visit www.mondesansfume.ca for more information and to order promotional materials for Quebec Tobacco-Free Week, to promote awareness in your community.



February = Heart Month

Is your company Trendy Red? Trendy Red is a provincial fundraising campaign, of Heart and Stroke Foundation, celebrating the day of love and friendship: Valentine's Day. This year, the official Trendy Red day is taking place on Thursday, February 13th, 2014.

On this day, participants are invited to proudly wear red to support life-saving research. Participants who purchase paper hearts for \$5 also have the chance to win one of many prizes!

Visit www.rougetendance.ca to register your team or organization. Deadline: January 31st, 2014.



Bonjour-santé^{inc.}

Get a consultation in a walk-in clinic in only a few minutes!

No more waiting! Bonjour-santé's Web service proceeds with the search for an availability. Among the search results, the service shows the best three matches considering the following criteria: the distance, the availabilities and the time of the request.

This search service for a walk-in clinic consultation is a **paying service**. When the patient is satisfied with the search results, a **\$15 fee** is asked and must be paid by credit card.

No fees will be charged if the patient does not accept any of the suggested same-day appointments.

Visit www.bonjour-sante.ca to start your search.