

It is hard to understand how a cemetery raised its

**Lorette and Area
New Horizons Seniors' Club
Bake and Craft Sale
Dec. 2nd.
10:00 – 3:00 p.m.**



Don't take life too seriously, you won't get out alive!

Diabetes Education Clinic

The South Eastman Diabetes & Healthy Living team visits Lorette on a regular basis. The team includes a registered nurse and a registered dietitian. The program offers education to those people with diabetes or to those who are at risk for developing diabetes. The Diabetes & Healthy Living team will be in Lorette on Thursday November 23rd from 1:00 to 4:30 pm. An appointment is required. Please contact Sharon at 346 6255 for more information or for an appointment.

Kids, get off the couch!

The dropping temperatures outside often provide an excuse for adults and kids alike to stay inside and hibernate. While sitting in front of the television with a bag of munchies might seem like a good idea at the time, these behaviours can establish poor lifestyle habits that are hard to break. Obese

kids tend to be obese adults. Left unchecked, these behaviours are associated with cardiovascular disease, type 2 diabetes, weak bones and poor mental health. Parents can help by acting as positive role models for their children. Stay active! Suggest a physical activity the whole family can do together, such as

How long can hard-cooked eggs be kept? Hard-cooked eggs, in the shell or peeled, will keep for one week in a covered container in the refrigerator.

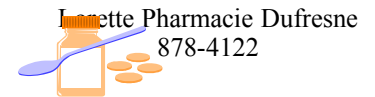
...in a coffee shop

Designer drinks can pack a punch! Many designer drinks rival rich desserts in the amount of calories they contain – large drinks with added syrups can sometimes total over 500 calories! Drink wisely and opt for regular or decaffeinated coffee, latte or cappuccino made with milk.

Despite the cost of living, have you noticed how it remains so popular?

Latest survey shows that 3 out of 4 people make up 75% of the world's population.

skating. Eat well! Choose fruit, vegetables and water instead of fatty, sugary snacks, soft drinks and juice.



How Can Communities Help Prevent Chronic Diseases? Be Part of the Answer! Be an Active Partner!

Interested in increasing your community's opportunities for physical activity, better eating and smoking cessation? If so, you are invited to participate in a community awareness and consultation session.

Monday, November 13 at 7:00 p.m.

École Lagimodiere
361 Senez St. Lorette

Hosted by the South Eastman **Start Fresh!** Regional Steering Committee in partnership with South Eastman Health.

Health Authority

Nov 6, 2006

7:00 pm. Displays



École Communautaire Réal-Bérard

377 Sabourin, St. Pierre-Jolys

Guest Speaker: Honourable Kerry Irvin-Ross,
Minister of Healthy Living, Government of Manitoba

South Eastman Regional AGM

open; 7:30 Meeting starts.