

Let's Talk Health! Radio Programming **2007-2008**

An initiative of the CHSSN in collaboration with CAMI, CASA, COASTERS, OHSSN, and Townshipper's Association, and their local community radio stations *
Funded by the McGill Training and Human Resources Development Project.



Show Descriptions

The following radio shows are available for download...

Bullying

Host Kelly Howarth talks with guest Desiree Chaker, Family Life Educator, about *Bullying*. The segment touches on the severity of bullying, exploring all aspects ranging from physical bullying, to verbal and emotional bullying, to cyber bullying, bringing the issue into the 21st century. Kelly and Desiree talk about what schools and communities can do to help with bullying problems. Join them for this segment of *Let's Talk Health!* to learn more about *Bullying* and how to deal with it.

Communication, Self-Esteem and Teens

Host Kelly Howarth talks with guest Ruth Martin, counsellor, about *Communication, Self-Esteem, and Teens*. The talk focuses on the importance of good communication with your teen and how to boost your teen's self-esteem. Join Kelly and Ruth for this segment of *Let's Talk Health!* to learn more about how to speak to and promote positive self-esteem in your teen.

How to Talk to Your Kids about Sex

It's not always easy to broach the topic of sex with your kids. Host Kelly Howarth talks with guest Desiree Chaker, Family Life Educator, about strategies for talking to your kids about sex. Join Kelly and Desiree as they discuss ways to talk about this sensitive, yet important topic on this segment of *Let's Talk Health!*

Addiction and Recovery

Host Kelly Howarth and guests, Hugh Fraser of the Fraser Recovery Program (FRP), and School Counselor, Tarek Mandoor, talk about teen addiction to drugs and alcohol, why they abuse, how to recognize the signs and what to do about it on *Let's Talk Health!* Join Kelly, Hugh and Tarek for an informative talk on *Addiction and Recovery* to learn more about teen addiction and how to deal with this important phenomenon.

Online (Gaming) Addiction

Host Kelly Howarth talks with guest Danielle Pinsonneault, Psychoeducator in addictions, about *Online (Gaming) Addiction*. The segment touches on the computer as friend or foe, how the Internet has become an amazing and useful tool in recent years, from helping us to find information, to making work life easier, to providing entertainment and online games. It explores what is healthy versus unhealthy Internet use. Join them for this segment of *Let's Talk Health!* for a talk about how to deal with *Online (Gaming) Addiction*.

Heart Health

Join host Kelly Howarth and guest, Jo Ann Jones, Registered Nurse and Health Educator, on *Let's Talk Health!* for a talk on *Heart Health*. In this segment, Kelly and Jo Ann highlight the facts about heart disease, the risk factors and how to prevent this disease by adopting a healthy lifestyle. Join Kelly and Jo Ann for this segment of *Let's Talk Health!* to learn more about taking care of your heart.

Nutrition and Obesity

Host Kelly Howarth talks with guest Sara Creighton-Weibe, Dietician, about *Nutrition and Obesity*. Did you know that 31% of Canadians are obese? Did you also know that obesity rates in children have risen dramatically in the last 15 years? Join Kelly and Sara for this segment of *Let's Talk Health!* to learn more about healthy eating and maintaining a healthy weight.

Bone Health (Osteoporosis) - Live, call-in show

Did you know that in order to keep our bones healthy, we may need to take calcium and vitamin D supplements if we are not getting enough calcium in our foods? Host Kelly Howarth talks with guest Myra Siminovitch, Physiotherapist, on a recorded live call-in show about *Bone Health - Osteoporosis*. Join Kelly and Myra to learn more about preventing osteoporosis and other helpful tips on this segment of *Let's Talk Health!*

Bone Health (Osteoporosis) – 15-minute segment

Did you know that people with osteoporosis have thinner/weaker, less dense bones and are at greater risk of sustaining a fracture? Join host Kelly Howarth and guest Myra Siminovitch to learn more about preventing osteoporosis and other helpful tips for *Bone Health* on this segment of *Let's Talk Health!*

Colon Cancer

Host Kelly Howarth talks with guest Dail Jacob, Pivot Nurse of St-Mary's Hospital Centre, about *Colon Cancer*. Join Kelly and Dail for this segment on *Let's Talk Health!* as they discuss the importance of early detection and how it is the key to early treatment and improved survival for colon cancer.

Grieving and Loss

Join host Kelly Howarth and guest, Dawn Cruchet, Certified Grief Counselor, on *Let's Talk Health!* for a talk on *Grieving and Loss*. Kelly and Dawn discuss the notions of grieving as a healthy response to the loss of a loved one and the time involved in the grieving process.

* Partner local community radio stations: CJMQ-FM (Lennoxville), CBAE-FM (Campbellton, NB), CFIM-FM (Magdalen Islands), CHIP-FM (Pontiac), CFTH-FM (Harrington Harbour), CJAS-FM (St-Augustin) and CFBS-FM (Blanc Sablon)