

Vieillir en santé : C'est possible ! Michèle Sirois

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si la tendance se maintient vous vivrez vieux votre corps et vos capacités se modifieront au fil des années à venir comme ils l'ont fait tout au long de votre vie vous expérimenterez peut être certains irritants du vieillissement comme les trous de mémoire les douleurs qui apparaissent les médicaments qui se multiplient les sens qui s'émeussent vous préférez ne pas y penser c'est tout à fait naturel et dans ce cas ce livre est pour vous pour arrêter d'avoir peur de vieillir pour faire face au dernier tabou qu'est ce qui fait partie du vieillissement normal qu'est ce qui n'en fait pas partie les auteures proposent des actions à prendre dès maintenant pour maintenir ou améliorer votre santé loin des recettes toutes faites ou des produits miracles en effet les 11 chapitres de ce livre ont été validés scientifiquement par des chercheurs du centre de recherche de l'institut universitaire de gériatrie de montréal rigueur scientifique dédramatisation et trucs utiles voici une lecture nécessaire pour s'adapter à cette nouvelle étape de la vie parce qu'à partir de 65 ans il y a toute une vie à saisir direction scientifique sylvie belleville ph.d. est chercheuse directrice scientifique du centre de recherche de l'institut universitaire de gériatrie de montréal et professeure titulaire au département de psychologie de l'université de montréal rédaction michèle sirois collabore avec l'iuqm depuis plus de 15 ans à la diffusion des connaissances et à la vulgarisation scientifique liée au vieillissement elle a une formation d'infirmière et de comédienne elle est également l'auteure de clown d'hôpitaux c'est du sérieux paru en 2014 l'institut universitaire de gériatrie de montréal iuqm compte sur l'expertise de son centre de recherche qui compte 52 chercheurs et qui est reconnu comme le plus important de langue française l'iuqm fait partie du ciuss du centre sud de l'île de montréal

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