# **EDUCATIONAL WORKSHOP**



# Getting the Most from your Healthcare Appointment

## Healthcare appointments can be stressful for anyone

Along with not feeling well; information provided too quickly and unfamiliar medical language can make appointments challenging

#### **LEARN ABOUT:**

- What to do before, during and after an appointment
  - In person, over the phone or online
- Prepares and empowers individuals to communicate well with their healthcare providers



- Interactive class
- \* FREE to attend
- All are welcome to attend

## **UPCOMING WORKSHOP**

## **Online Workshop**

Join us from the comfort of your home!

Thursday March 11, 2021 10:00am—11:30am

#### TO REGISTER PLEASE CONTACT:

Toll Free 1-855-259-3605

https://gtm mar11.eventbrite.ca



www.wechc.org