Getting the Most

from your

Healthcare Appointment

"At the workshop, I learned how to prepare and what to do during my appointment. Most importantly, I learned how to create a plan to better my health"

~ S.B (Participant)

An Independent Living Skills Workshop

Wednesday June 15, 2016

2-3pm

This is a FREE event.

ALL are welcome.

Please RSVP.

Facilitated by:

South West Self Management Program
Improving your health, together.

South West Self-Management Program

1-855-463-5692 or 519-421-5691

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www.swselfmanagement.ca

Ontario
South West Local Health Integration Network

Hosted by:

Independent Living Centre London & Area

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