



Kingston Community
Health Centres
Centres de santé
communautaire de Kingston

FREE 90 MINUTE WORKSHOP

For those who want to improve communication
with healthcare providers.

Getting the Most From Your HEALTHCARE APPOINTMENT

Learn practical skills to prepare for, participate in, and follow up after healthcare appointments with confidence.



Join us online via Zoom

Workshop topics include:

- Preparing for your healthcare appointment
- Communicating effectively with your healthcare provider
- Asking questions and making informed decisions
- Understanding and remembering important health information
- Following up and taking an active role in your healthcare

Register today

Online: kchc.ca/programs/regional-self-managment-program/ or
Email: selfmanagement@kchc.ca



Workshop date Oct. 7th Space is limited.

