



Getting the
MOST
from your
HEALTHCARE
APPOINTMENT®

*Tuesday, October 16, 2018
10 – 11:30am*

*Rockmosa Older Adult Centre
121 Rockmosa Dr. Rockwood*

PRE-REGISTRATION IS REQUIRED

*To register for this workshop please contact:
519-856-9596 ext. 139 or mbiffis@get.on.ca*

www.wselfmanagement.com

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