



Vancouver Coastal Health Peer Led Workshop presents



## Talking with Your Doctor and other Health Care Providers Workshop

Saturday October 28<sup>th</sup> 1:30 to 3:00 PM

THE LEARNING HUB HEATHER PAVILLION 2733 HEATHER STREET  
2 BLOCKS UP FROM WEST BROADWAY, VANCOUVER

TALKING WITH YOUR DOCTOR is a workshop for everyone that explores problems people have when they talk with their doc. It presents tips and gives you a chance to try things that will help you have a better relationship with your doctor.

You will learn techniques like:

- **PRESENTING** detailed information about how you are feeling
- **ASKING** questions if the information you want is not provided
- **CHECKING** your understanding of information given to you
- **EXPRESSING** your concerns about the recommended treatment
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GET THE MOST OUT OF YOUR TIME WITH YOUR DOCTOR!

THIS WORKSHOP IS FREE FOR ANYONE INTERESTED IN ATTENDING

CALL **604 708 5274** TO REGISTER FOR THIS FREE WORKSHOP