

FREE PATIENT WORKSHOP SERIES PRESENTS

Improve your health using leading 'Patient Self Management' practices

Workshop Description

A new, patient centred workshop on cutting edge concepts in patient self management for chronic diseases from one of Canada's leading chronic disease experts.

Who Should Attend?

The course is open to anyone living with a long-term, chronic health conditions and their friends, families and caregivers.

Workshop Objectives

People who attend this workshop will learn new ways to cope with chronic, long-term health conditions and new strategies to:

- Manage the unique challenges caused by long term, chronic disease
- Stay up to date on information and knowledge on your long term, chronic disease
- Manage your relationship with your health care provider and chronic disease experts, and
- Participate in 'Self Management' networks and learn what participation in these networks can bring to the healing process

About the Instructor

Patrick McGowan, M.S.W, Ph.D. is the Director of the Faculty of Aging at University of Victoria. He is Canada's leading expert on patient self management and has extensive experience in planning, teaching and evaluating patient education programs for persons with chronic health conditions. He is also internationally recognized for his research in self-care and mutual aid for persons coping with chronic health conditions.

Choose the Workshop Nearest You

Date:	Place:	Time:
Monday, March 6, 2006	Baycrest – 3560 Bathurst Street Toronto, Ontario M6A 2E1 Room: Hospital Recreation Room	6:00 pm to 7:30 pm
Tuesday, March 7, 2006	Bridgepoint Hospital – 14 St. Matthews Rd. Toronto, ON, M4M 2B5 Room: Auditorium	5:00 pm to 7:00 pm
Wednesday, March 8, 2006	Yee Hong Centre for Geriatric Care 60 Scottfield Drive, Scarborough M1S 5T7	5:00 pm to 7:00 pm

How to Register

The workshop is free but space is limited so registration is strongly encouraged. To register now, call the Ontario Patient Self Management Network Workshop Reservation Office at **1-800-921-6853**.