



# *Getting the* **MOST** *from your* **HEALTHCARE** **APPOINTMENT®**

**In person at Belleville and Quinte West CHC  
at 161 Bridge St West, Unit One, Belleville**

**Attend from 1:00 to 2:30 pm on either:  
Thursday September 25 or Wednesday October 30**

**To register:**

kchc.ca/programs • selfmanagement@kchc.ca • 613-542-2949 x1179  
For more information, contact Elaine at Belleville and Quinte West CHC,  
613-965-0698 ext. 217

Join this interactive workshop to better prepare and empower yourself to communicate effectively with your healthcare provider. Patients who take an active role in their health are more satisfied, pursue appropriate treatment, and have a better quality of life!

*This program is hosted by the Southeast Self-Management  
Facilitated by the Belleville and Quinte West CHC  
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