



Getting the
MOST
from your
HEALTHCARE
APPOINTMENT®

Older Adults - City of Belleville Community Services
In person at Quinte Sports and Wellness Centre

265 Cannifton Road

May 26, 2026 from 1:30 to 3:00 pm



Register with secure link

<https://shorturl.at/poGfn> or call 613-966-4632

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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