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

## 7:00 p.m. – 8:30 p.m.

Wednesday, February 13, 2019 Oxford Dodge Mobility Centre 1249 Hyde Park Rd, London Monday, February 25, 2019 St Thomas Public Library 153 Curtis St, St Thomas

Tuesday, February 26, 2019 West Elgin Community Health Centre 153 Main St, West Lorne



Improving your health, together. www.swselfmanagement.ca



For information or to register: email Wendi Anderson at wendi.anderson@mssociety.ca

