



# Communication Skills 101 — Boot Camp for Patients

## Do you have what it takes to be a “good” patient?

We all want the best health care possible, but we sometimes forget the important role that we play in our own health care journey. Becoming a more confident, empowered patient is especially important when we are coping with a chronic health condition.



## Join us for a free workshop to discuss:

- ◆ Preparing for your upcoming health appointment
- ◆ Communicating with your health care team, asking questions, and expressing concerns
- ◆ Participating actively in your own treatment, planning and follow-up

**Presenter:** Nancy Becker Hallford, Waterloo Wellington Self-Management Program Lead/Mentor

**Audience:** Anyone living with a chronic health condition, caregiver or family member

For more information about current workshops or to request a workshop for your area  
call toll free: 1-866-337-3318 or visit [www.wselfmanagement.ca](http://www.wselfmanagement.ca)