

Health Information Sessions

We are seeking YOUR input...

- Are you interested in having health information sessions in your community?
- Which topics would you be interested in?
- How often would you prefer sessions to be available?
- How long would you prefer sessions to be?
- Which days of the week or times of the day work best for you?
- Any difficulties you foresee in holding sessions in your community?

There would be no charge for these sessions.

Topics may include:

- chronic disease-specific education (diabetes, COPD, heart failure)
- general healthy living guidelines on diet, exercise, sleep, stress management
- caregiving, palliative care, social programs, other health services available in your community
- any other health topics / concerns community members are interested in

Please contact: Christina McCormick,
Primary Health Care RN, at:

Christina.mccormick2@saskhealthauthority.ca,

306-867-5050 (call)

306-860-7017 (text)



**Saskatchewan
Health Authority**



saskhealthauthority.ca

Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.