

Take Charge of Your Health



Do you have what it takes
to be a Health Ambassador?

If you:

- ✓ Enjoy helping others
- ✓ Are a good listener
- ✓ Can draw others into a conversation
- ✓ Care about health matters
- ✓ Are proactive about finding healthcare information that you need

We invite you to become a volunteer peer-learning facilitator who helps to connect seniors to healthcare information and supports related to topics such as: talking to your doctor, dealing with major illness and hospitalization, staying healthy, and staying socially connected.

To find out more contact:

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