

# Take Charge of Your Health



Make more informed healthcare decisions

If you are a senior and want to learn more about :

- ✓ Staying Healthy
- ✓ Talking to your Doctor
- ✓ Dealing with the Unexpected
- ✓ Dealing with Major Illness & Hospitalization
- ✓ Choosing to Age at Home, and
- ✓ Staying Socially Connected.

We invite you to register for one or more of our *Take Charge of Your Health* health literacy sessions which will be led by trained Peer-Learning Facilitators who are also seniors.

**To find out more contact:**

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**FREE**  
**6 Facilitated**  
**Health Literacy**  
**Sessions**

at

The Council on Aging  
of Ottawa  
101-1247 Kilborn Place

Register Now for  
Upcoming Sessions

[www.coaottawa.ca](http://www.coaottawa.ca)