Getting the MOST *from your* HEALTHCARE APPOINTMENT©

Date: ***Friday, December 4, 2026***
Time: ***1:00 p.m. to 2:30 p.m.***
Location: ***Online through Zoom***

PRE-REGISTRATION IS REQUIRED
To register for a workshop please call us at:

1-866-971-5545 *or register online at* ***www.ceselfmanagement.ca*** *or call:*
The East GTA Family Health Team at 647-693-7401

Better Care Better Health
East GTA
Family Health Team
Better Value

Self-Management Program
Central East

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