

North West LHIN

wellness

~ a way of life



You are invited to an evening skill building and networking workshop hosted by the North West Local Health Integration Network (LHIN) entitled:

November 24, 2008
6:00 pm – 9:00 pm (C.S.T)
The Forest Inn, Sioux Lookout
in the Rainforest Room

(A light dinner will be served)

Self-Management Support Strategies for Health Professionals: the 5A's Approach with Dr. Patrick McGowan

This session will be beneficial to all primary care providers (including physicians, nurse practitioners, primary care nurses, etc.), policy makers, educators and program planners with an interest in improving chronic disease self management in clinical practice.

The session will offer opportunities to:

- Build and expand your self management knowledge and skills
- Gain experience in utilizing new techniques in your practice or other setting
- Learn about common barriers to self management and ways to overcome them
- Network with colleagues with a common interest in self management

Registration Form

Name: _____

Tel#: _____

Position: _____

Organization: _____

Address: _____

Email: _____

Fax this Registration form to 737-5109.



Dr. Patrick McGowan is from the University of Victoria's Centre on Aging and is a leader and pioneer in the field of self management. For over 18 years Dr. McGowan has worked with chronic disease management, specifically implementing and researching self management programs and strategies, including the BC Expanded Chronic Care Model and continues to research the feasibility, viability, acceptability and effectiveness of self management models at the community level.

There is no registration fee, but seating is limited so please register early to ensure a space.

**chronic
disease
prevention &
management**

To register, please contact Ramona Quequish,
Sioux Lookout Meno Ya Win Health Centre
Phone (807) 737-2877 ext.2025, or Fax (807) 737-5109

For inquires, please contact Heather Gray, Senior Consultant,
North West Local Health Integration Network
at (866) 907-5446 ext. 2015 or heather.gray@lhins.on.ca