

North West **LHIN**

# wellness

~ a way of life



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

**Thursday, March 25, 2010**  
12:30 p.m. – 3:00 p.m. (CST)  
Best Western Motor Inn  
Dryden

(A light lunch will be served)

## Advancing Self Management in the North West LHIN

with Connie Davis, Nurse Practitioner

Improved self management support leads to improved quality of life for people with chronic conditions such as diabetes, arthritis and cardiac disease. This session will be beneficial for all health care providers with an interest in improving chronic disease management in their practice. There will be an emphasis on chronic disease self management for Aboriginal people.

### The session will offer opportunities to:

- Build and expand your self management knowledge and skills
- Learn about common barriers to self management and ways to overcome them
- Understand self management in the context of Aboriginal experience
- Gain an awareness of the role of health literacy in successful self management
- Network with colleagues with a common interest in self management



**Connie Davis** serves as Patients as Partners quality improvement lead for British Columbia and is a nurse practitioner specializing in care of the elderly. She is a trainer of master educators for the Stanford Chronic Disease Self-Management Program and adjunct clinical faculty for the University of British Columbia School of Nursing. She currently is the lead self-management support faculty for the Institute for Healthcare Improvement effort "Improving Patient Care" in the Indian Health System in the US. She has held a variety of positions working in many settings including long-term care, subacute care, home care, community agencies, retirement housing, and outpatient clinics. She is the author or co-author of publications on health promotion, chronic illness care, and self-management support and is a frequent speaker on self-management support, health behavior change, health literacy, and quality improvement in outpatient care.

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

**chronic disease  
prevention &  
management**

**To register, contact: Rae-Lynn Meade, Dryden Area Family Health Team**  
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**For inquires, please contact Heather Gray, Senior Consultant, North West Local Health Integration Network** (807) 343-5540, (866) 907-5446 ext. 2015 or heather.gray@lhins.on.ca