

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 19, 2008**  
**6:30 pm – 9:30 pm**  
Valhalla Inn, Thunder Bay  
1 Valhalla Inn Road

*(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 684-9533.



**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 by phone, please contact Darlene Ibey at**  
(807) 684-9425 ext. 2013, (866) 907-5446 ext. 2013 or darlene.ibey@lhins.on.ca

**For inquires, please contact Heather Gray, Senior Consultant, at**  
(807) 343-5540, (866) 907-5446 ext. 2015 or heather.gray@lhins.on.ca