

# Taking Charge of My Health Care Workshop

Free for people with I/DD and those who support them

## Workshop participants will...

- Develop their self-advocacy skills.
- Learn how to effectively communicate with their medical professionals.
- Learn how to stay healthy and prevent and/or manage chronic conditions like Type 2 Diabetes.
- Explore the Toolkit which includes; modules, videos, worksheets, and PowerPoints.



**WHEN:** October 10, 2019

9:00am-3:00pm

**WHERE:** Abilitree

2680 NE Twin Knolls Dr. #150

Bend, OR 97701

**REGISTRATION: FREE** and is first-come, first-served

**Healthy lunch is provided!**

To register for the workshop, please [click here](#) .

For more information please contact:

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