

Taking Charge of My Health Care Workshop

Free for people with IDD 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: September 30, 2019

10:00am-4:00pm

WHERE: Inclusion Inc.

50 SE 18th Ave.

Portland, OR 97214

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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