

Mini Medical School- Talking about medical topics to improve health literacy

Patients often talk about how difficult it can be to get a doctor's appointment. Learn how to really talk to your doctor and how to prepare for your appointment at this year's Mini Medical School. A free series of information sessions on health topics that matter to you, Mini Medical School is back this March for the 8th year in a row. Medical Residents, with support from Physician Lead, Dr. Chantal Chris, talk face to face with community members in this series of informal discussions and possibly life-altering learning. Dr. Chris notes, "We see a real need for this sort of community education where patients and health care professionals can talk with each other at length and that's exactly what Mini Medical School offers."

Dr. Chris and medical residents will be available for interview opportunities after each session. For media inquiries, email afarooq@divisionsbc.ca or call 604 795 0034.

From clearing up myths about immunization to having the sometimes difficult conversation about end of life care, the series will explore health matters that affect everyone in simple, easy to understand language. Amongst other things, the series will also raise awareness about mental health and talk about ways to address such concerns. The ER, walk-in clinic, GP office, pharmacy – where do you go when you need primary care? The session on how to really talk to you doctor will also go over how to appropriately access primary care. Topics include:

- March 8: Heard of herd immunity? Public health strategies for keeping you well
- March 15: Mental Health Matters: Depression, Anxiety and More
- March 22: How to Really Talk to Your Doctor
- March 29: End of Life Care: Having an Exit Strategy for Life



Medical residents talk about memory loss and dementia at a previous Mini Medical School session

Also in attendance will be various community organizations that offer health care resources in Chilliwack. Representatives from pharmacies, senior support, mental health support services and public health will be at the different sessions to share services available in town.

Premier event sponsor is [Fraser Valley Health Care Foundation](#); other event sponsors include [Decades Coffee Club](#), [Hofstede's Country Barn](#) and UBC Family Medicine Residency Program. Elizabeth Harris, Executive Director at the Fraser Valley Health Care Foundation shares, "Supporting such public education forums means that we can help patients become empowered and active participants in their own health care journey."

Each session runs from 7 to 9 pm at the Chilliwack Cultural Centre. Register at www.universe.com/minimed2016 or call 604 702 4757. Registration encouraged but walk-ins welcome.

www.divisionsbc.ca/chilliwack

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to improve health care.

