

Take control of your health!

HEALTH EDUCATION AND LITERACY

FREE classes!

Sign up today for our FREE 8-week session!
**Mondays, September 21 to November 9, 2015,
from 10 to 11:30 a.m.**

BON SECOURS MARY IMMACULATE HOSPITAL MEDICAL PAVILION (SUITE 205)
2 Bernardine Drive, Newport News, VA 23602

Learn:

- How to make an appointment.
- How to take your medications.
- How to describe your symptoms.
- How the emergency department is different from urgent care.
- How to complete medical forms.
- What questions to ask your doctor.
- Information about health topics, like the flu.



BON SECOURS VIRGINIA HEALTH SYSTEM



To sign up or for more information, please contact
Denise Allard at dallard@wm.edu or 757-947-3965.