# Free Information Session

Talk to local doctors and other health professionals on important medical topics.

## Join us for our 7th Annual Mini Med School

An evening series of informal discussions and quite possibly life-altering learning.

**MAR 10**

**How to really talk to your doctor and get the most out of your visits**

*If you have a family doctor, learn how to have a better relationship with them. If you don't have a family doctor or nurse practitioner and are looking for one, learn about the one point of contact to help you!* **Join us from 7 – 9 pm.**

**MAR 17**

**Tonight's lecture is brought to you by the letter Zzzzz:**

*Counting sheep, melatonin and other sleep strategies.* **Join us from 7 – 9 pm.**

**MAR 24**

**Vaccines: Why The Fuss (WTF)?**

**Join us from 7 – 9 pm.**

**MAR 31**

**Dementia: When We Forget**

**Join us from 7 – 9 pm.**

Chilliwack Cultural Centre – 9201 Corbould Street

REGISTRATION NOT REQUIRED. BUT ENCOURAGED.

Register at: www.uniiverse.com/minimed2015

Light refreshments and snacks will be served.

**For more info**

**please call 604-702-4757**

**www.divisionsbc.ca/chilliwack**

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