

Adult Literacy & Skills Development

Basic Health Literacy

Every Wednesday

6-8 PM

(in-person or online)

March to June 2023



**For information and
registration, contact:**

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**Scan the QR
Code to
Register**



Topics

COVID-19 Safety

Intro to Canada HC System, Intro
to AB HC system

Health Care Insurance

Primary Care Networks (Doctors)

Pharmacies and Drugs

Healthy Environments

Dentistry and Optometry

Emotional Health and Social
Connection

Mental Health

Complementary/ALT Med

Holistic Healing

Family Planning/Sexual Health

Immunizations

Multicultural health practices:
Salsa