

# You're invited



Discover helpful tips and activities for *a new way to health* when you join us for our next Braven Health<sup>SM</sup> Wellness Seminar.

**Date: 2/11/2022**

**Time: 10:00**

**This month's topic: Effective Physician Office Visits**

**About this seminar:** This presentation walks people through the steps we should take in preparation for our doctor visits. The time spent with the doctor is also discussed and shows how, by preparing and using the simple tools provided, the visit can flow smoothly and the patient will walk away feeling "heard". There is also a focus on post-visit responsibilities, and the "contract" that was made with the practitioner. Tools are provided to help break the communication barrier between patient and physician

**Location - Engel Sprague Senior Center**  
**239 11th St Waretown**

(GPS address is BARNEGAT)

**For more information, please contact:** [Jeanne Broadbent - Recreation Director, Municipal Alliance Coordinator Township of Ocean 609-548-6319](#) RSVP via email [recreation@twpoceannj.gov](mailto:recreation@twpoceannj.gov)



A partnership between Horizon Blue Cross Blue Shield of New Jersey, Hackensack Meridian *Health* and RWJBarnabas Health.

## **For accommodations of persons with special needs at meetings call**

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Spanish (Español): Para ayuda en español, llame al **1-855-457-0222** (TTY **711**).

Chinese (中文): 如需中文協助,請致電 **1-855-457-0222** (TTY **711**) °

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