



**ACTION FOR HEALTHY
COMMUNITIES**

Have difficulty in finding your family doctor and dentist as a newcomer?
Struggling for access to Alberta's health system and information?

FREE ONLINE WORKSHOPS

HEALTH LITERACY FOR NEWCOMERS

March 2 to May 25

Weekly on Wednesdays

6 to 8 PM MST

Topics include:

COVID-19 Safety
Canada & Alberta Health Systems
Family Doctors, Dentistry and Optometry
Mental Health
Healthcare Insurance
Alternative Medicine & More!



**For more information and
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