

Healthy Connections 2010



Self-Managing Care: From Ideas to Solutions

SAVE THE DATE: FEBRUARY 17, 2010

Join us and engage in the future of chronic disease prevention and management in Ontario.

The rise in chronic illness, particularly among older persons, is transforming healthcare landscapes globally. Self-management has shown to contribute to improved health outcomes, health system sustainability and enhanced quality of care for persons living with one or more chronic conditions. This raises important questions around policies and practices to increase self management support for people most at-risk of hospitalization and/or admission into long-term care. This full-day conference presents key policy issues, shared insights and practical innovations for self managing care as a key element in preventing and managing complex chronic conditions.

Morning session:

Keynote address from renowned author, Wayson Choy, followed by a panel session that promises to stimulate the exchange of ideas and know-how with experts across the care continuum.

Afternoon session:

A series of skill-building workshops offering a rich opportunity to engage in knowledge translation and exchange with other front-line practitioners, health administrators, policy makers and consumers.

February 17, 2010 • 8:30 am – 4:30 pm • Ryerson University, Toronto, Ontario

Cost: \$75.00 (includes a copy of Wayson Choy's latest book, *Not Yet: A Memoir of Living and Almost Dying*)

For more information, please visit: www.solutionshealthcollaborative.ca and www.crncc.ca
Watch for email updates on how to register online.

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