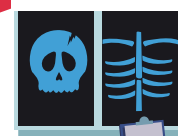


HEALTH LITERACY



People with higher literacy about health are more likely to seek preventive care, follow treatment plans, and experience decreased rates of hospitalization and emergency services, along with shorter hospital stays. Join this workshop to understand and act upon health information. Health Literacy is key to making the right health decisions.



TO REGISTER:
FBC PINNACLE Senior Center
5525 #C Hobby Road · Houston, Texas 77053
P: (832) 471-2765



1 **Session 1: Lifestyle**
10/04/2021 @ 10:00am

2 **Session 2: Medicare Basics**
10/05/2021 @ 10:00am

3 **Session 3: Talking to Your Doctor**
10/06/2021 @ 10:00am

4 **Session 4: Medication Management**
10/07/2021 @ 10:00am

5 **Session 5: Reliable Information on The Internet**
10/08/2021 @ 10:00am

Presented by

Erica Knighton, B.S., M.L.I.S.

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