

People's Health Series Registration Form:

(all personal information will remain confidential)

Name:

Age:

Phone number:

Email:

Why I would like to attend the People's Health Series:

What specific things I hope the health series will provide:

Please indicate Yes or No if you plan to attend:

Date	Health Session	Yes/No
March 23 1:00 – 4:00 pm	The People's History: This interactive workshop will explore the roots our personal health histories, as it relates to taking care of our health in the context of our current situation and the communities which we are part of.	
April 27 1:00-4:00 pm	Patients Rights: Taking control of Our Health: <i>Navigating the current healthcare system as patients can be intimidating and confusing. Join us as we examine patients' rights and how we, as individuals and communities, can take control of our health and our health care.</i>	
May 25 1:00 – 4:00 pm	Stress & Anxiety: Share tips on how to manage and cope with stress and anxiety in your life through learning relaxation techniques and other methods. Discuss what are the roots of our stress and anxiety and what we share in common. Talk about what can we change as individuals and what can we change through collective action.	
June 15 1:00- 4:00pm	Dental Care is a Human Right: Learn about the basics of taking care of your teeth and how to care for the teeth of the children in your family. Discuss as a group how lack of access to dental care impacts our communities.	

I have food allergies or other food restrictions Yes No

If yes, please specify:

I require childcare: Yes No

If yes, please describe the age and number of children:

Any other information you would like to share with us:

Please drop off the filled form at 439 Dunlevy Ave, or email us for an electronic form, and send to allianceforpeopleshealth@gmail.com.