

Pro Health Navigators Canada

Our knowledge. Your peace of mind.

Public Talks

The ABC's of talking with your Doctor: How to make the most of your healthcare experience

Talking to your doctor to make sure that you get the care you need can be difficult when so many are pressed for time, and can't always take enough time to listen. Learn the essential skills to make the most of your doctor's appointment, and ensure you have your needs met when in the medical system with Pro Health Navigators Canada.

Speak up! Advanced Care Planning conversations

Of all the choices made in life, the most important are those choices made about our independence, personal care, and living arrangements for the future. Things like health care (treatment and services), living arrangements and finances should we become incapable can be difficult topics to start. Join Pro Health Navigators Canada to learn about advanced care planning and how to start the conversation to have your needs or your loved ones needs known.

Health Literacy on the Web: How *not* to fall prey to "Dr Google"

Searching for reputable health information on the web can be difficult, and getting the wrong information can be dangerous. Join Pro Health Navigators Canada to learn how to search for information on the web and to decide if the information is right for your needs. (Internet connection is preferred, but not mandatory)

After Cancer, Now What? The journey of survivorship

Cancer survivorship is a broad term that actually begins at diagnosis. It describes the experiences patients have to deal with throughout their cancer journey. These challenges can affect mind, body and spirit, and are different depending on what point of the journey the patient is on. Please join Pro Health Navigators Canada to learn about the challenges cancer survivors face and the community resources available to assist with managing the "new normal" of life after treatment.

Falls prevention

By age 75, injuries related to falls are the major cause of fatal injuries. In many cases falls are preventable! Join Pro Health Navigators Canada to learn how to protect yourself from falls so that you can live an active life. Practical tips and resources are available to help you ensure both you and your home are safe.

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