



Registration Form – *Optimizing Life with Long-Term Conditions*

If you are a person living with a long-term health condition, or a caregiver of someone with chronic illness, you are eligible to register for this free 6-week program. TO REGISTER for a current or future session, please submit registration information by email to **margery@optimizinghealth.org** OR to Fax # **416-969-7420**.

You may also register by phone at **416 969-7457** or by leaving a phone message at **1-877-992-6364**.

I would like to participate in the 6-week *Optimizing Life* Patient Self-Management Program (6 sessions, 2½ hours each session) in:

'X'	Location	2008 Dates	Location & Contact Info
	Thunder Bay, ON	Thursday evenings from 6:30-9:00 pm, January 24 th through February 28 th , 2008	Cancer Centre, 980 Oliver Road. Thunder Bay Phone Ann-Marie Cline at (807) 684-7237 for details.
	Oshawa, Ontario	Tuesday afternoons, 1:30-4:00 pm, Feb 12 th through March 18 th 2008	Legends Branch, Oshawa Senior Citizens Centres, 1661 Harmony Road N, Oshawa. Register at any OSCC Reception Desk or phone (905) 576-6712 ext 2875.
	Toronto, Ontario	Saturdays from 10:00 am-12:30 pm, March 29 th through May 2 nd , 2008	Parkdale Community Health Centre, 1229 Queen St W. Call (416) 969-7457 to register. <i>(First preference to current clients of the centre)</i>
	Scarborough, Ontario	Wednesdays from 10:00 am-12:30 pm, beginning in March or April (<i>exact dates to be confirmed</i>)	1052 Kingston Road, the NW corner of Victoria Park & Kingston Road Call (416) 969-7457 for more info, or to register.
	Windsor, Ontario	Monday evenings from 6:00-8:30 pm, starting April 7 th through May 12 th , 2008	Windsor Teen Health Centre, Street Health Office 711 Pelissier, Suite #4 Please register by calling Liz at (519) 252-3777 ext 223 COST: \$35 for materials

We will confirm your registration and the course dates and location within 2 weeks of the first class date.

Name _____

Organization/Group _____

Phone _____

Email _____

Mailing Address _____

City/Prov/Postal Code _____