

# How to make the most of your doctor's visit when you have Diabetes or Heart/Lung conditions

**Are you having difficulty finding the right words when speaking to your doctor? Have you been having difficulty managing your diabetes, heart, or lung condition and finding your doctor's visits overwhelming? We are here to help!**

We are now offering a free virtual class series on Making the Most of Your Doctor's Visit! The second class of this series will be centered on preparing for a doctor's appointment when you have Diabetes or a Heart/Lung condition.

## **Some Covered Points:**

- Tips on how to advocate for yourself about your medical condition or new diagnosis
- Keys to a successful doctor's visit
- Practical ways to build trust and communicate with your doctor
- A list of questions to help you prepare for your visit




**Please come and join us for one or all of our classes!**

Register at [SalusUhealth.com/OTIClassRegistration](https://SalusUhealth.com/OTIClassRegistration)

**Class Date and Time: Thursday, March 18th @ 7 p.m. - 8 p.m.**

## **Upcoming Class Topics:**

- Advocating to a Doctor as a Caregiver
  - Thursday, March 25th @ 7 p.m. - 8 p.m.

We look forward to seeing you virtually. Like us on  for updates on future class dates and times!

Please email [OTI@salus.edu](mailto:OTI@salus.edu) for more information and resources!