

IN-PERSON GUEST SPEAKER: Facilitated by Health for All Family Health Team



Markham Family Medicine Teaching Unit
Health for All
FAMILY HEALTH TEAM



Adapting to Change

Tuesday, March 7th • 1:30 pm - 2:30 pm

Learn to differentiate between different types of “change”, how change contributes to our stress levels, and helpful strategies for coping with the unavoidable changes that happen in our lives. Space is limited, register today!

CONTACTUS TODAY TO REGISTER

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