



Welcome Windsor Family Health Team Patients

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WINDSOR FAMILY HEALTH TEAM (WFHT) PATIENT EMAIL COMMUNICATION CONSENT FORM

This document explains our digital health services and what you've consented to by providing your email address for communications. Your agreement is permission to send you information via email about digital health services including appointment reminders and referral status updates (Ocean), health promotion/education program information, general announcements, virtual video visits, and patient satisfaction surveys. If you would like to opt out, all you need to do is call our office (519-250-5656) and ask that your email address be removed from your health record. Please note if you opt out and remove your email address you will be unsubscribing to all features listed above.

DIGITAL HEALTH SERVICES

Telus Virtual Video Visits	Ocean by CognisantMD
<p>This is a new feature that is embedded in our electronic medical record system that is a product of Telus Health and allows us to schedule and initiate a virtual video encounter with patients</p> <p>How it works...</p> <ul style="list-style-type: none">• You request a video appointment by calling our reception service or using our Online Booking platforms• You authorize us to communicate with you by email in order to receive your video visit link• You use the emailed link (provided by Telus) to join your video visit at the scheduled time <p>This service is currently available for all clinical roles but does not include emergency related conditions or those that require a clinician to physically examine a patient to assess.</p>	<p>Ocean by CognisantMD is an EMR-integrated patient engagement solution. Using mobile devices and a cloud-based platform, Ocean allows patients and healthcare providers to securely share health information for clinical use, administration, referrals and research.</p> <p>Digital health services include:</p> <ul style="list-style-type: none">• Online Booking• Patient Appointment Reminders• Patient Tablets (future)• Patient Messages (future)• Website Forms• Check-in Kiosks (future)• eReferrals

For any Virtual Visit (phone or video)

The same practices must be followed as if it were an in-person appointment, meaning: details discussed during your appointment will be recorded in your medical record, we ask that you do not record the visit, and please let us know if anyone else is in the room with you.

Please find a quiet and private space for your appointment.

We have taken the appropriate steps to preserve your privacy, however, we cannot provide you with the same guarantee of security and confidentiality as if you were seen in person because we cannot control the physical environment that you are in, or the personal technology resources that you are using when engaging in virtual video visits.

If your provider believes that the concern is best handled in person, we will rebook your appointment at the earliest possible time.

Our digital health services are expected to change over time. We will use your email authorization to communicate all of those opportunities to you.

This consent covers all email communications about current future digital solutions as well as WFHT events and programming.

Stay current by visiting our website at www.windsorfht.ca or follow us on Facebook.

No Reply Email

Most email communications coming from the WFHT at this time are “no reply”. This means we are sending you information that is one direction only. You cannot reply. There are some exceptions made to accommodate access needs. In the future that may change and if that happens, or exceptions are made, there are risks to be aware of.

Email communications coming from outside of a secure online portal are SUBJECT TO THE FOLLOWING:

RISKS OF USING EMAIL

Sending personal health information by email includes several risks of which the patient should be aware. The patient should not agree to communicate with WFHT staff via email without understanding and accepting these risks.

The risks include, but are not limited to, the following:

- The privacy and security of email communication cannot be guaranteed.
- Employers and online services may have a legal right to inspect and store emails that pass through their system.
- Email is easier to falsify than handwritten or signed hard copies. In addition, it is impossible to verify the true identity of the sender, or to ensure that only the recipient can read the email once it has been sent.
- Emails can introduce viruses into a computer system, and potentially damage or disrupt the computer.
- Email can be forwarded, intercepted, circulated, stored or even changed without the knowledge or permission of the physician or the patient. Email senders can easily misaddress an email, resulting in it being sent to many unintended and unknown recipients.
- Email is permanent. Even after the sender and recipient have deleted their copies of the email, backup copies may exist on a computer or in cyberspace.
- The use of email to discuss sensitive information can increase the risk of such information being disclosed to third parties.
- Email can be used as evidence in court.
- WFHT will not be held financially responsible for any individuals' personal electronic devices due to a virus or other form of cyber damage.

CONDITIONS OF USING EMAIL

WFHT physicians/staff will use reasonable means to protect the security and confidentiality of email information sent and received. However, because of the risks outlined above, WFHT physicians/staff cannot guarantee the security and confidentiality of email communication, and will not be liable for improper disclosure of confidential information that is not the direct result of intentional misconduct of the team member. Thus, patients must consent to the use of email for patient communication.

Consent to the use of email includes agreement with the following conditions:

- Emails to the patient concerning diagnosis or treatment may be printed in full and made part of the patient's medical record. Because they are part of the medical record, other individuals authorized to access the medical record, such as staff, billing personnel and other health care professionals on our team who are part of your care, may have access to those emails.
- Email communication is not an appropriate substitute for clinical examinations. The patient is responsible for following up on WFHT physician/staff email and for scheduling appointments where warranted.
- The patient should not use email for communication regarding sensitive medical information, such as sexually transmitted diseases, AIDS/HIV, mental health, developmental disability, or substance abuse. Similarly, your provider will not discuss such matters over email.
- WFHT is not responsible for information loss due to technical failures.
- Each patient must use their own, unique email address. (The same email address cannot be used by two different patients).
- The patient will notify WFHT should there be any change in email address.

INSTRUCTIONS FOR COMMUNICATING BY EMAIL

If communicating by email is approved on an exceptional basis or as a future standard practice, the patient shall:

- Limit or avoid using an employer's computer.
- Inform the WFHT of any change in the patient's email address.
- Review the email to make sure it is clear and that all relevant information is provided before sending to WFHT physicians/staff.

- Take precautions to preserve the confidentiality of emails, such as using screen savers and safeguarding computer passwords.
- Withdraw consent by calling the Windsor Family Health Team to have the email address removed from the patient record.
- Not rely on email for immediate assistance. If the patient's condition is considered serious or rapidly worsen, the patient call his/her family doctor's office for consultation or appointment, visit the office or take other measures (such as calling an ambulance) as appropriate.

PATIENT ACKNOWLEDGEMENT

I acknowledge that I have read and fully understand this consent form. I understand the risks associated with the communication of email between WFHT physicians/staff and me, and consent to the conditions outlined herein, as well as any other instructions that the WFHT physician/staff may impose to communicate with patients by email. I acknowledge WFHT physician/staff's right to, upon the provision of written notice, withdraw the option of communicating through email. Any questions I may have had were answered. Any questions I may have had were answered. I am at least 16 years of age and competent to contract on my own behalf.

*** For privacy purposes we recommend that each patient use their own unique email address. Email communications include but are not limited to: appointment reminders (Ocean), Ocean referral status updates, health promotion/ education materials and patient appointment follow-up surveys. ***

EASY ONLINE BOOKING

Schedule your next
appointment online.



To book an appointment visit

www.windsorfht.ca

and click

BOOK AN APPOINTMENT

under Digital Health Solutions.



Patient Enrolment and Consent Fact Sheet

Your Family Health Team Physician or Nurse Practitioner

Ontario's family physicians and nurse practitioners (providers) are the foundation upon which our health care system is based. Your provider is your first contact with the health care system. He or she provides primary health care services like diagnosis and treatment, illness prevention and health education to you and your family. The care your provider delivers includes making referrals to specialists and being involved with, or informed about, your care in hospital.

Your provider's Family Health Team is made up of a number of family physicians, nurse practitioners and inter-professionals who are working together to give you and your family better access to quality primary health care services.

Here's what this means to you

- Your provider will continue to meet with you during regular office hours.
- Your Family Health Team will provide extended hours on evenings and/or weekends.
- Your medical record will be available to all healthcare providers within the Family Health Team.

It's easy to join a Family Health Team

Simply complete an Enrollment Form and return it to our office. After review, you will be contacted to arrange your first appointment. Upon arrival you will be asked to read and sign the *Patient Enrolment and Consent to Release Personal Health Information Form*, at which time, you are officially a patient. By signing the form, you agree that, unless you're travelling or find yourself in an emergency situation, you will try to contact your Family Health Team provider first when you have a health concern. Should your physician or nurse practitioner not be available, they may direct you to another appropriate health care practitioner.

You also agree to allow the Ministry of Health to provide your physician or nurse practitioner with information about health services you have received from a family physician outside your group.

Questions and Answers

Q1. When I enroll with my family physician or nurse practitioner in a Family Health Team may I still see specialists or other health care providers?

A1. As an enrolled patient you commit to seeing your Family Health Team provider. As coordinator of your health care, he or she will be able to refer you to a specialist or another health care provider in keeping with your needs.

Q2. How confidential is my medical information?

A2. Your provider is required to respect the confidentiality of your health information, as are the other health professionals in your Family Health Team who care for you. Your provider decides if there's a need to share your personal health information with other health professionals involved in your care. If your records are shared through computer systems, it will be done under the strictest conditions of confidentiality that meet or exceed approved privacy standards and regulations.

Q3. Can I go to emergency if my child is sick in the middle of the night?

A3. Of course. If you think it's an emergency, don't hesitate to go.

Q4. I like my provider and want to continue to see him or her. Do I have to enroll with my provider's Family Health Team?

A4. No, the choice is yours. You can continue to use the services your provider offers without joining. But be sure to talk to your provider about your reasons for not enrolling. He or she can tell you more about the advantages of enrolling. Please note that only enrolled patients have access to additional services (Social Work, Dietitian, etc.)

Q5. What type of information am I agreeing to share?

A5. By consenting to the limited release of personal health information, you are allowing the Ontario Ministry of Health to release, to your Family Health Team provider, the dates of immunizations, mammograms, cervical and colorectal cancer screenings and the dates and types of other primary health care services that you have received from other family physicians other than your family provider.

Q6. Can I register my children as well?

A6. To enroll your children under 16 years of age, simply complete the appropriate sections of the *Patient Enrolment and Consent to Release Health Information Form* on their behalf. People 16 years and over need to sign the form themselves. Once an enrolled patient turns 16 the patient remains enrolled and his/ her consent is cancelled until the 16-year-old provides his/her consent.

Q7. I have a Power of Attorney for Personal Care for my father. Can I register him with his physician?

A7. Yes. Just follow our enrollment process. When completing the *Patient Enrolment and Consent to Release Personal Health Information Form*, check the “Attorney for Personal Care” box in Section 2 and sign. Please make sure you have the Power of Attorney for Personal Care document available, in case we contact you for a copy.

Q8. What happens if I want to change providers or cancel my enrolment with my provider?

A8. You are free to change the provider you are enrolled with up to twice a year (outside of the Family Health Team). If you wish to change providers within the Family Health Team you would need to discuss with your current provider and both parties would have to be agreeable to the change. If you enroll with a new provider your previous enrolment is automatically cancelled.

Q9. As an enrolled patient can I still get a second opinion?

A9. The advantage of being enrolled to a Family Health Team is that your provider will often be able to consult with another physician or health practitioner in the group. You can always choose to get a second opinion. You can ask your provider to recommend another physician outside the team for a second opinion or you can make your own choice.

Q10. As an enrolled patient what happens if I see another family physician?

A10. Should you wish a second opinion, your family physician or nurse practitioner can refer you to another physician.

If, however, you are seeing another general practitioner or family physician on a regular basis, the provider with whom you are enrolled to can remove you from his or her Family Health Team roster of patients. The provider may also continue to see you on the same basis as before you enrolled.

If you want to cancel your enrollment or consent, you can call the Ministry of Health patient information line at 1-888-218-9929. You should also let your family physician know.

For other questions about enrolling with your family physician or about the Patient Enrolment and Consent to Release Personal Health Information Form please call the patient information line at 1-888-218-9929. TTY 1-800-387-5559.

Your Health Information and Your Privacy Rights

Who Can Use and See Your Health Information

When you come to see us, we assume you consent to our collecting, using and sharing your health information to provide you with health care, unless you tell us otherwise.

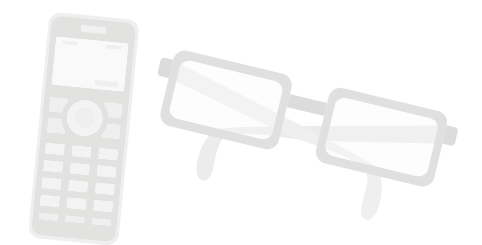
In most cases, we only use and share your information with those who are providing you with health care, such as doctors, nurses, residents and other team members. We may also provide your health information to Ontario Health to update your provincial electronic health record (EHR), in order to help facilitate and coordinate your care with other health care providers.

Sometimes we may collect, use or share your health information without your permission, including:

- to get payment for the services we provide to you
- to contact a relative or friend if you are incapacitated
- to report certain diseases to public health authorities
- when necessary to prevent serious harm to you or others
- when we suspect certain types of abuse

Name/Phone/E-mail

Margo Reilly, Privacy Officer
Email: mreilly@windsorfht.ca
Ph: 519-250-5656 Ext. 201



If you're in a health care facility such as a hospital

We may share general information about you, such as your location and general health status, with others, including your friends and family who are concerned about you, unless you tell us not to.

If you tell us about your religious or other organizational affiliation, we may give your name and location to someone from that organization to provide you with support, such as spiritual care, unless you tell us not to.

Fundraising, research, education and planning

Unless you tell us not to, we, or others working on our behalf, may use your name and address for fundraising.

Sometimes we get your permission before we collect, use or share your health information for research. However, some research projects do not require your consent under certain conditions. These research projects must be approved by a research ethics board and must have privacy safeguards in place.

We may also use your health information for educational purposes and to plan our services and may share this information with certain organizations for health system planning and management.

Your rights

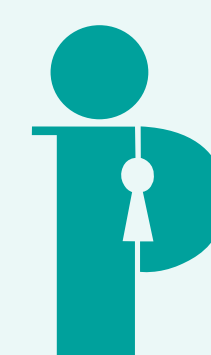
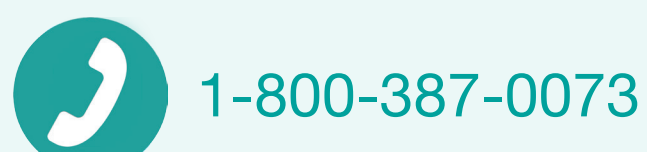
You have the right to:

- ask to see and get a copy of your health record
- ask us to correct information in your record that is inaccurate or incomplete
- ask us not to collect, use or share your health information for health care purposes

Contact us if you would like to:

- ask about how to exercise your privacy rights
- request access to or correction of your health record
- make a complaint

You have the right to file a complaint with the Information and Privacy Commissioner of Ontario.



Information and Privacy
Commissioner of Ontario
Commissaire à l'information et à la
protection de la vie privée de l'Ontario

PATIENT BILL OF RIGHTS

- You have the right to be treated with consideration, courtesy and respect in a way that fully recognizes your dignity, individuality and cultural background.
- You have the right to privacy in care for your personal needs.
- You have the right to information concerning your medical condition, in terms you can understand.
- You have the right to participate in decisions regarding your care.
- You have the right to an explanation about your treatment and tests including benefits, risks and alternatives.
- You have the right to give or refuse consent for treatment, including medication and to be informed of the consequences of giving or refusing treatment.
- You have the right to confidentiality of all information.
- You have the right to know the identity and profession of those responsible for your care.
- You have the right to express any concerns by leaving comments in our patient feedback box.
- Persons with special needs or handicaps have the right to reasonable accommodation in accordance with the law.

PATIENT RESPONSIBILITIES

We believe that patients have the responsibility to:

- Actively participate with all caregivers in their wellness plan and treatment.
- Provide accurate information regarding their care.
- Accept the responsibility for the consequences of refusing treatment.
- Be considerate and respectful of all members of the Windsor Family Health Team and to other patients.
- Observe Windsor Family Health Team rules and regulations.
- Be responsible for all personal property.
- Accept the responsibility of all uninsured financial obligations.
- Voice any concerns first to their health care provider.





UNINSURED SERVICES FEE SCHEDULE EFFECTIVE JUNE 2022

Transfer of medical records (1 st 20 pages)	\$20.00
Transfer of medical records insurance/ legal (1 st 20 pages)	\$30.00
Photocopying charges per page after 20 pages	.25

Completion of Forms: Physical

Schools & Camps	\$30.00
Pre-employment cert for fitness	\$40.00
Fitness club	\$40.00
Hospital/ nursing home employees	\$40.00

Completion of Licensing Forms:

MOT examination	\$65.00
Driver's medical	\$65.00
Civil aviation medical examination report	\$100.00/hr
Pilot's license validation	\$100.00/hr
Administrative license suspension	
appellant medical information form	\$100.00/hr

Completion of Work & School Related Forms:

Back to work or sick notes	\$10.00
Federal employee absence notes	\$10.00

Other Certificates:

OCF-18 Insurance treatment plan forms	\$160.00
OCF-3 Disability/ maternity certificate	\$160.00
OCF-8 Certificate of health practitioner	\$60.00
EI Certificate for compassionate care benefits	\$60.00
INS5140 EI Certificate for sickness benefits	\$60.00
OCF-19/59 Determination of catastrophic impairment	\$120.00
Travel Cancellation	\$40.00
Life Insurance/ Death Certificate	\$50.00
OCF-22 Approval of Assessment or Examination	\$160.00
CAS application form for prospective foster parent	\$60.00
CPP medical disability form	\$85.00
CRA, Federal Disability Tax Credit	\$80.00
Citizen and Immigration Medical Report	\$160.00
Applicants to Canadian Armed Forces req. for med info	\$120.00
Auto Sales Tax rebate form	\$30.00

Life and Health Insurance Report and Assessment Fees

Attending Physician Statement	\$165.00
System-specific or Disease-specific questionnaire	\$100.00
Insurance medical examination	\$260.00
System-specific examination	\$125.00
Clarification report or Full Narrative report	\$429.00/ hr
Independent medical examination	\$110.00/ hr

Other

Wart removal	\$15.00
Minor cosmetic procedures – per treatment	\$25.00
*TB Mantoux Test Form	\$10.00

Making the Most of Your Healthcare Visit!

The primary health care Doctor or Nurse Practitioner (provider) is the point of entry into the health care system and are the point of referral for all other health care services. Your provider treats you and tracks your health care through the different stages of your life, understands how all the different systems in the body work and how they affect each other.

We all appreciate a health care system that functions efficiently and quickly and provides care for everybody.

Here are some tips to make the most out of your health care experience.

Booking and Cancelling an Appointment:

You can schedule or cancel your routine or follow up non-urgent appointments by either calling the office at 519-250-5656 to speak to a clinical receptionist or visit www.windsorfht.ca to schedule an appointment using our online booking feature.

We are happy to offer a variety appointment types to help meet your needs. Appointment types include virtual, both phone and video ,as well as in-person appointments. Although virtual appointments can be convenient, your provider may request to see you in person to better assess and evaluate your health status.

When cancelling an appointment we ask that you please do so at least 24 hours in advance when possible. You won't be charged for the missed appointment but by letting us know that you no longer need the appointment helps us to schedule another patient waiting for care into that slot.

If you show a pattern of missing appointments, you will be sent a warning letter and possibly risk the relationship you have with your provider.

If you have a chronic condition that require regular health care visits it is best to schedule follow up appointments before leaving your current appointment to help stay on top of your health and secure appointment availability.

Be Prepared for Your Appointment

During your appointment with the provider it is helpful to have your facts in order. It may be helpful to write down a list of your concerns to help you be prepared.

- Location - Where does it hurt?
- Description - Describe specific symptoms
- Duration - How long has this been bothering you and is it happening all the time or on and off.
- Intensity - Was the symptom severe enough that you had to stop the activity that you are trying to do. (e.g. stop playing sports, stop eating, needed to sit and rest)
- If you are coming in for a pap test, know when the date of your last mensural period was.
- If you or your child is receiving an immunization bring the yellow immunization card.

During Your Appointment

Prioritize your health issues. Your provider may only be able to treat one problem in a single office visit. It is to your benefit to have your provider spend your appointment time to thoroughly analyze your one issue. This helps the provider stay focused on you and keeps scheduled appointments on time.

Family & Friends

We understand that some patients may wish to bring a friend or family member to help translate when there is a language barrier or as support when hearing explanations about a new diagnosis or ongoing health care concerns. Please keep in mind that the scheduled appointment is for your own medical concerns and "squeezing in" your family or friend will cause appointment delays.

A language translation service is available free of charge to our patients and can be arranged ahead of the scheduled appointment, upon patient request.

Bring your Medications

Make sure to have a list of all of your non-prescription supplements (herbal/naturals) as well as the bottles of any prescribed medications so that there is no miscommunication between you and your provider.

After your Visit

It is important to follow any recommendations that your health care provider has made to help improve your overall health.

- Follow the prescribed treatments
- Complete any tests that have been ordered
- Fill and take your prescription as prescribed
- Make a follow-up appointment at the appropriate time if you have been asked to do so

Medication Renewal Policy

To help us renew your prescription on time please remember:

- Review your medication needs at each appointment.
- Make sure you keep track of the amount of medication(s) you have and when you will need a renewal.
- Bring your medication to each appointment with your provider.
- If you run out of medication(s) before your next visit:
 - Call/visit your pharmacy and have them fax over your renewal request to us at 519-250-5864.
 - We require **5 business days** to respond to your pharmacy.
 - If you call us to renew your prescription we will redirect you to call your pharmacy, so save yourself a step.



Note: We do not offer narcotic medication renewals by fax; an appointment is required. We will not authorize the early release of medications.

Do you have an urgent health concern?

Our Team reserves a limited number of urgent appointment slots Monday to Friday throughout the day, and Monday to Thursday in the evening. These appointments are booked on a first come, first serve basis and are not booked more than 24-48 hours in advance. If your Provider is fully booked or unavailable we can offer you an appointment with another available Provider.

Urgent issues include:

- A fever lasting in excess of 2 days
- An untreated infectious condition (such as bladder, vaginal, eye) that requires immediate treatment
- Persistent cough



These visits are time-limited and are intended to address a single urgent concern. Urgent appointment slots will not be used to manage complex chronic conditions, prescription refills or to complete medical forms. You will be asked to make another appointment to address any other health issues. The Windsor Family Health Team respects your time and the Team will make every effort to stay on schedule to minimize your wait-time.

What Should I Do When I Can't Get An Appointment?

Occasionally when we are unable to offer you an urgent appointment we may suggest that you access a walk in clinic to ensure that you receive the urgent care that you need.

Suggested local Walk-in Clinics	Location	Hours of Operation
Medical Centre Walk-in Clinic	2930 Dominion Blvd Phone (226) 773 - 6260	Mon- Fri 8am - 3pm Sat & Sun 8am-12pm
Roseland After Hours Walk-in Clinic	3840 Howard Ave, Phone (519)-972-3944	Mon - Fri 1pm-7pm Sat- Sun 11am - 4pm
Erie Health & Wellness Centre	101 Erie St East Phone (519)-252-0007	Mon, Tues, Thurs 9am - 5pm Wed 10am - 6pm Fri 9am - 1pm
VCare Clinic	2285 Howard Ave Phone (519)-254-7979	Wed - Fri 8am - 8pm Sat - Sun 9am - 3pm Paediatric Clinic Mon - Thurs 6pm - 8pm



Call first before accessing the clinics listed above for updated information and any changes to their hours of operation.





When Should I Call 911 or Visit the Emergency Department?



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It is important to call 911 or visit an Emergency Department **ONLY** in emergencies. Look for other options when a health-care crisis doesn't require immediate attention. You should only use these services if you are experiencing a life-threatening illness or injury.

The following are some examples of symptoms requiring emergent care:

- loss of consciousness
- sudden confusion, trouble speaking, dizziness
- persistent, severe chest pain
- sudden breathing difficulty or shortness of breath
- fractured or broken bones
- uncontrolled bleeding
- a sudden, severe headache or vision problems
- sudden weakness, numbness and/or tingling in the face, arm or leg

The graphic below will help guide you to "Make The Right Call"

MAKE THE RIGHT CALL

How does your call measure on the urgency gauge?

NOT URGENT



SELF-CARE

- Twisted Ankle
- Sunburn
- Minor abrasions
- Seasonal allergies

SEE A DOCTOR



CALL YOUR DOCTOR

- Chronic symptoms
- Back pain
- Stomach aches
- High blood pressure

EMERGENCY



CALL 9-1-1

- Chest pain
- Severe blood loss
- Head injury
- Shortness of breath

811
ONTARIO

If you are still unsure of what to do call 811. By calling 811 you will be able to speak to a qualified health professional, such as a registered nurse, day or night, in English and French, with translation support also offered in other languages.

Programs and Workshops

The Windsor Family Health Team offers a variety of programs and workshops available to you free of charge! Including, but not limited to fitness, chronic disease management, mental health and wellbeing, nutrition and lifestyle. For example:

One Team Recovery (OTR)

OTR is a self-management recovery program that is provided through our Team Care Centre.

There are 3 separate components:

1. **OTR:** A 5-week outpatient program which blends individual counselling and group counselling to help people understand and overcome substance misuse and behavioral problems that lead to addiction.
2. **OTR Aftercare:** This is an extension of OTR which includes 6 weeks of continued support in a group setting to those who have completed OTR.
3. **OTR Friends and Family:** A 3-week educational workshop that provides effective and easy-to-learn tools and resources to those who are affected by the addictions of a family member or friend.

Healthy Minds 4 Life (HM4L)

HM4L is a comprehensive, educational series about mental health and wellness. There are 5 separate sessions. Attendance for all 5 sessions is not mandatory and they are not offered in any specific order throughout the year. Topics:

1. Understanding Mental Health and Mental Health Promotion
2. Positive You: Building Resilience
3. Caregiver Stress: Strategies for Families and Caregivers
4. Understanding Anxiety
5. Understanding Depression

Eat 4 Life (E4L)

Eat 4 Life is a unique, research-based healthy lifestyle program. The goal of Eat4Life is to build a foundation of healthy habits that will help you make healthy choices for life. There are 3 Modules:

1. Module 1: Healthy Lifestyles
2. Module 2: Weight Management (Module 1 is a prerequisite for Module 2)
3. Module 3: Mindful Eating (no prerequisite)

Other Workshops

Irritable Bowel Syndrome (IBS) Workshop: This workshop focuses on providing information on recognizing and managing signs and symptoms of IBS.

Heart Healthy Lifestyles: Learn about keeping your heart healthy and discuss heart-related illnesses.

All of these programs are free and most are open to the community.

For details on upcoming workshops/ programs please check out the Community Health Calendar at <https://www.wechu.org/events>

Events listed in this calendar are those of the Windsor Family Health Team, Windsor-Essex County Health Unit, Essex NP Led Clinic, Harrow Family Health Team, Lakeshore Community NPLC, Windsor-Essex Community Health Centre, and City Centre Health Care – CMHA.