

# HELP YOURSELF

## To Safer Health Care

Health care has become one of the hottest - and most frustrating - topics in the US today. ♦ At the same time, preventable medical error is reported to be the third leading cause of death in the US. ♦ Most of us get no training on how to be savvy health care consumers or how to speak up for ourselves when it comes to health care. ♦ Learn the basics of taking charge of health care for yourself and loved ones. ♦ This presentation is offered in conjunction with the American Association of University Women: Santa Barbara – Goleta Valley Branch. ♦ Topics will include:

- ▶ How to get more out of your health care appointments
- ▶ Why to get – and read – your chart and test results
- ▶ What questions to ask about medications
- ▶ Ways to stay safer in the hospital and other health care settings

Presenter: Linda Beck  
Date: January 15, 2020  
Time: 7 P.M. to 8:30 P.M.  
Location: Goleta Valley Public Library  
500 N Fairview Ave., Goleta, CA 93117

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