



## ***Can It Be Trusted?*** **Examining Online Health Information**



## **Examining Online Health Information** Mon., Oct. 10 - 4:00 PM to 5:00 PM

Finding reliable health information online is like a treasure hunt. How do we know what is true and what is false? Come learn tools to find safe, reliable health information. We will study websites and news articles together to determine what is real, what is a scam, and what health information is biased to get you buy certain products.



## ***Time for Health:*** **Making the Most of Visits with Healthcare Providers**



*October is National Health Literacy Month.*

## **Making the Most of Your Provider Visit** Mon., Oct. 24 - 4:00 PM to 5:00 PM

Do you feel like you don't have enough time to discuss your concerns during your healthcare provider visit? How do patients make the most of the limited time with their healthcare providers? Wilkes Literacy will equip you with tools and strategies to ensure that your healthcare visits focus on your major questions and concerns.

*FREE Healthcare Workshops for All Adults*

**Participants are eligible for a \$100 gift card drawing.**

*Sign Up Online at [www.wilkesliteracy.org/livewell](http://www.wilkesliteracy.org/livewell)  
or call (336) 818-1323*



Wilkes Medical Center  
Foundation

