

**CITY OF COOPER CITY**

**ACTIVE ADULT PROGRAMS**

# **PARTNERING WITH YOUR DOCTOR**

**HUMANA PRESENTS: PROGRAM IN A BOX**

**TUESDAY, JULY 30 | 10:30 AM**

**COMMUNITY CENTER | 9000 SW 50TH PLACE**

When it comes to your health, you can't afford to stand on the sidelines. It's important to be an active part of your healthcare team by talking with your doctor about important ways to improve your quality of life.

During this session we'll discuss:

- The importance of good communication
- Different types of healthcare providers
- How to identify your patient personality
- How to disagree without being disagreeable
- How to make the most of every doctor's appointment