



FREE CLASS

Self-Advocacy in Healthcare

Come join us!

New Horizons DEC

9400 E. Valley Rd.

Prescott Valley, AZ

KAZAM!!

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What the sessions cover:

1. **July 19:** Overview of Healthcare And Your Healthcare Rights
2. **July 21:** Successful Access to Healthcare
3. **July 26:** Navigating Barriers
4. **July 28:** Preparing for Your Healthcare Visit And Self Advocacy on Appointment Day
5. **August 2:** Managing Your Healthcare
6. **August 4:** Healthcare is in Your Hands

All classes run 1:00-3:00

For more information, or to RSVP, please contact Mary@
mhesselschwerdt@nhdec, or 928-515-2529