



Health Literacy

Join a class with a Registered Nurse to learn how to find clear, trustworthy health information & use it to make choices that feel right for you & your health.

This FREE 1.5 hour class is for anyone who finds it hard to sort through all the health information out there – online, in the news, or from different sources – & wants tips & ideas to feel more confident & informed.

What We'll Cover:

- Tips for finding reliable health information
- How to spot misinformation & red flags
- Easy ways to check if a source can be trusted
- Making sense of medical words & advice
- Building confidence to use what you learn in daily life

Class Details:

- Offered as a virtual class & in-person in Trail, Nelson, Castlegar, & Grand Forks
- Single-session class (you're welcome to attend more than once if you'd like a refresher)
- Visit kbpcn.ca/group-education for the upcoming class schedule + information about more PCN group classes!



Want to join us?

**To register email KBPCNMOA@interiorhealth.ca
or call 250-365-4337.**

You can also ask your primary care provider to refer you (practitioners, please use the PCN referral form).