|  |  |
| --- | --- |
| Privacy  Notice  Email | Greetings!  I have attached our Privacy Policies to this email. If you acknowledge that you have received these documents and understand their contents, please respond to this email with “I agree”. After I receive your response I will send your invitation to the virtual classroom.  Thank you! |
|  |  |
| SG1 | Thank you for registering for our virtual self-management program, Better Health Now!  You will learn many tools to manage your ongoing conditions such as communication skills, working with healthcare professionals, action planning, decision making, healthy eating, and problem-solving. This program meets weekly over a 6 week period; participants will receive a Better Health Now Toolkit in the mail prior to starting the workshop.  Class will meet on Fridays from May 8 – June 12 and class will begin at 10:15am. There will be a total of 6 sessions; to effectively learn the skills and techniques we ask you attend every session. Your instructor will be Jen Paquet.  The virtual classroom will open 15 minutes prior to the class start time. Please join with your webcam and microphone enabled. If you need technical assistance prior to class starting, please contact Jen Paquet by responding to this email or calling \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.  Virtual classroom link:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  We look forward to seeing you in the virtual classroom on Friday May 8! |
|  |  |
| SG2 | Thank you for registering for our virtual self-management program, Better Health Now!  You will learn many tools to manage your ongoing conditions such as communication skills, working with healthcare professionals, action planning, decision making, healthy eating, and problem-solving. This program meets weekly over a 6 week period; participants will receive a Better Health Now Toolkit in the mail prior to starting the workshop.  Class will meet on Tuesdays from May 5– June 9 and class will begin at 3:15pm. There will be a total of 6 sessions; to effectively learn the skills and techniques we ask you attend every session. Your instructor will be Jen Paquet.  The virtual classroom will open 15 minutes prior to the class start time. Please join with your webcam and microphone enabled. If you need technical assistance prior to class starting, please contact Jen Paquet by responding to this email or calling \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.  Virtual classroom link:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  We look forward to seeing you in the virtual classroom on Tuesday, May 5! |
|  |  |