

# Arlington Council on Aging

**FREE WORKSHOP**

**Thursday, February 9, 2012**

**1:30pm – 2:30pm**

## Preparing for Your Doctor's Appointment

**Have you ever walked out of the Doctor's office saying?**

**"I should have asked them about....."**

**We all have! Get some helpful tips on how to make your doctor's appointment more productive!**

**PLEASE SIGN-UP / RSVP:**

**Arlington Council on Aging**  
Senior Center (behind Town Hall)  
27 Maple St, Arlington, MA 02476  
**781-316-3400**

**Presented by:**



Jo-Ann Thibault  
Founder/CEO  
The Elder Insider

**Empowering Seniors with the Knowledge To Be Their Own Advocate in the Aging Process**

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