



# **Self-Advocacy in Healthcare**

## ***How You Can Navigate the System***

**Wednesday, July 19**

**11:00am – 12:30pm**

**at Eastside Jewish Commons, in the Atrium, 2420 NE Sandy Blvd, Portland**

Navigating our healthcare system can be overwhelming. Join Laurie Fendel, end-of-life doula, and Missy Fry, LCSW, CAGCS, Aging and Adult Services Clinician, for a conversation on strategies related to advocating for yourself and others in healthcare settings. This group also provides space in which to share challenges, successes, and wisdom gained from personal experiences.

*Light refreshments will be served.*

No cost to attend. Registration for this event is required, as space is limited.

To register, please contact Missy Fry at (503) 226-7079 ext. 133 or [MissyFry@jfcs-portland.org](mailto:MissyFry@jfcs-portland.org).

*This event is made possible in large part thanks to:*

