

## To Be a Smart Healthcare Consumer

**BHLM 50% OFF Special**  
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Buffalo Healthy Living Magazine has partnered with BWI to offer a series of on-line health and wellness education seminars. This month's topic is about personal advocacy and learning "how" to access healthcare information and what questions to ask your doctor. Take advantage of this 50% OFF special discount (regular price is \$39, now only \$19.50). You can access training from any computer with an internet connection, learn at your own pace, and remain in the comfort of your own home.

Getting more involved in your healthcare can help to avoid medical errors and can lead to better health outcomes. Participants learn what questions to ask when they see their physician or at the next pharmacy pick-up. An informed consumer can make better decisions about personal health and their family's health too. This program offers excellent advice as to how you can be a "smart" healthcare consumer.

**Start taking charge of your health today!**



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