



March 21
at The Oasis in Kanata

Health Headlines: Hope or Hype?

**For caregivers of people with
symptoms of mental illness**

**Glen Cairn United Church
140 Abbeyhill Drive, Kanata**

**Monday, March 21, 7 to 9 pm
Free. All welcome.**

Facing a serious health challenge, we hope against hope there'll be a safe and effective way to manage it. Most of us turn to the Internet looking for that hope.

The *challenge* lies in separating factual, reliable information from a glut of misinformation.

Jeannette Smith, Liaison Officer with the Canadian Agency for Drugs and Technologies in Health, will provide an introduction to reliable sources of health information and evidence available on the Internet.