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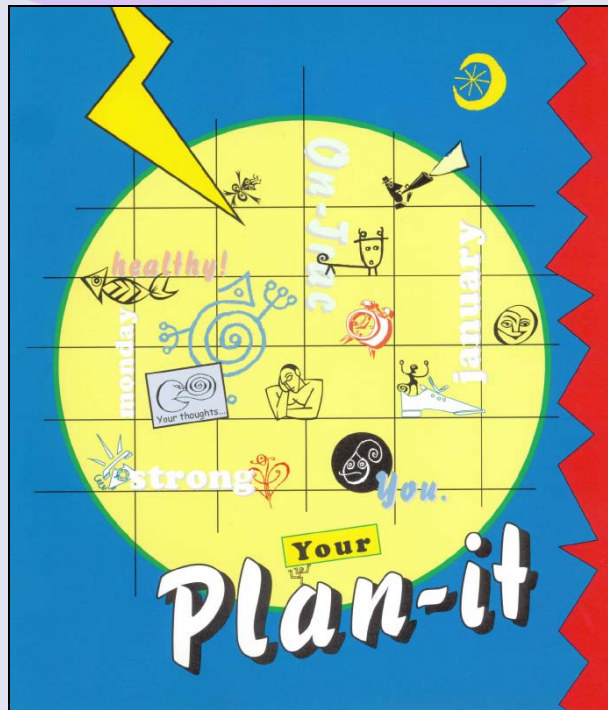
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Your Plan-it

By the Youth Health Program at C&W's Health Centre of BC

This is a youth health planner that was developed by and for youth to ensure they are: Informed about their health care; Involved in their health care; Involved in their health care and their futures; Confident in their choices for adult health care. The planner provides a medium for youth to record, sort and organize health care information they require on a daily basis or when arriving at a new stage in their development or transitioning to adult care. This full colour binder is designed for youth ages 10-18 years who have a chronic health condition.