



As you may know, many Senators and Representatives will use recess periods to travel back to their districts to engage in a series of town hall meetings with their constituents.

Attending a town hall meeting is an opportunity for you as a family physician to weigh in on current health care reform proposals.

Participating in a town hall meeting is easy. Contact the local district offices of [your elected officials](#) to get the dates and times of any upcoming town hall meetings. Remember to ask to be placed their mailing list to receive announcements about future town hall meetings and events.

Tips for Attending Town Hall Meetings:

- **Tell a Personal Story.** Members of Congress are always looking for firsthand accounts of the impact that policies have on their constituents. Think in advance how a policy might affect you, your family, practice, patients, or community.
- **Use Numbers If You Have Them.** Let the legislator know how many more people you represent. Use numbers by saying things like, “I have 10 employees,” or “I care for 50 Medicare patients.”
- **Go in Groups.** Attending in large numbers is a good way to get attention and send a “listen to us” message that is sure to be heard.
- **Talk to Staff.** Every Member brings staff to town hall meetings. Tell them your story before or after the meeting (also ask a public question during the meeting) and get their business cards.
- **Follow Up.** An elected official often responds to an individual who just follows up with a phone call a few weeks after attending a meeting.

If you attend a meeting, let us know how it went by filing out the [feedback form](#).