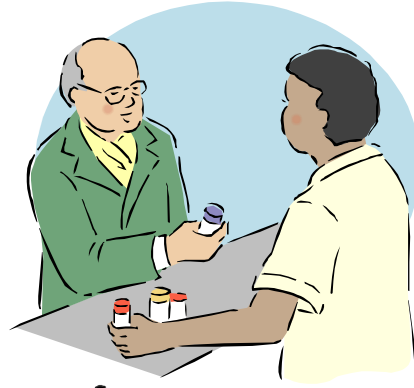


# Join us at a



## Medication Awareness Seminar

This seminar is designed for interactive presentations to seniors' groups and looks at the following questions:

- Have you talked to your pharmacist lately?
- Do you understand the instructions the doctor has given you about taking your medication?
- Do you understand the side effects of your medication?
- Do you know there can be herbal complications that could interfere with your medications?

## Seniors Living Healthy Lives Discover how at this one-day seminar

- Learn about how to communicate effectively with your doctor, pharmacist and/or nurse to meet your needs.
- Learn how to keep a list of your medications and storing them properly.
- Learn how to take your medication safely?

...learn this and much more...

**To Request a free workshop for your group please call:  
Ontario Society (Coalition) Of Senior Citizens Organizations  
– Lenita at 1-800-265-0779 or 416-785-8570**



A light lunch will be provided.  
**Group Size** limited to 50 people.



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