

Inhalers

Ointments & Salves

Dietary Supplements

Vitamins

Herbal & Home Remedies

Over-the-Counter

Community Health Workshop!
FREE

Know Your Medications!

Your life may depend on it!

Prescriptions

Join our experts for a special workshop to learn how to:

- *protect yourself from medication mistakes*
- *talk to you doctor about your medicines*
- *become an active member of your healthcare team*
- *develop a complete list of all your medications*

Presented by:

Diane Nanno, BSN, RN, Transition Coach,
Crouse Hospital

Nabila Ahmed-Sarwar, PharmD, BCPS, CDE,
Crouse Hospital

Koth Cassavaugh, PharmD,
Crouse Hospital

This workshop is free but space is limited and pre-registration is required.

Call 472-2464 today!

Taking different medications can be confusing. Taking the wrong medicine at the wrong time or the wrong dose can lead to serious illness and complications. To protect yourself, you need to become an active partner in managing your medications. These include prescriptions, over-the-counter products, herbal and nutritional supplements.

Thursday, Feb. 25 • 6:30 – 7:30 pm

Crouse Hospital's Marley Education Center
765 Irving Ave.
(Free parking in the Marley and hospital garages)

Bring your medications with you to learn how to create your own personal medication record and learn how it can potentially save your life.



Your care. In our hands.