

# WORKSHOP

3

## LET'S TALK ABOUT MEDICINES

The Waupun Senior Center will be hosting an educational program: *Let's Talk About Medicines*. This one-hour free program is designed to help participants obtain a better understanding of how to more safely and effectively use medicine, which can lead to better health. A facilitator trained by Wisconsin Health Literacy will teach the program.

Program topics will include:

- Understanding the main parts of a prescription medicine label
- How to read and interpret special instructions on the label
- Types of containers and labels for solid and liquid medicines
- Dosage instructions and strategies to remember to take your medicine
- Information about over-the-counter (OTC) medicines and how they may interact with other medicines
- Basic storage techniques and more!



Each participant is provided with a free pillbox and workbook to take home, plus the chance to enter into a cash prize drawing at the end of the program.

Registration is required by calling 324-7930 or registering at the Senior Center office.

**When:** Tuesday, September 19<sup>th</sup> at 1:00pm