



## It's Time to Talk About Your Medications

**Medications can get confusing.** If you or a loved one take more than one medication, sees multiple prescribing physicians, or has recently added new drugs to your regimen, it's time to talk!

Older adults are at high risk for dangerous drug interactions, side effects and reduced drug effectiveness. If you don't understand your medications, you are not alone!

You're invited to a **FREE** seminar to talk about medications and learn strategies for safe medication use.

### We'll help you:

- Expand your knowledge about medication
- Discuss which questions to ask a medical professional
- Understand the risks of certain drugs and drug classes
- Increase your confidence in managing or helping a loved one with medication
- Identify which symptoms to look out for

**Mimosa Health** and **Home Care Assistance** professionals will lead this important discussion. Both companies specialize in the care and well-being of older adults; offering a unique expertise in this area. Please join us!

**When:** January 24th, 2019 11:30AM – 1:00PM  
**Where:** Vault 405, 10 N. Broadway, Edmond OK 73034

**Who should attend?** Older adults taking more than one medication and caregivers of older adults.

**Please RSVP by calling 405-285-4191.**  
RSVP required by Jan 22 to reserve your boxed lunch.



**Greg Bridges, RN, MA**  
Owner/Administrator  
Home Care Assistance



**Trang Nguyen, PharmD, CHC**  
Owner  
Mimosa Health



**405-285-4191**  
[HomeCareAssistanceOklahoma.com](http://HomeCareAssistanceOklahoma.com)

