

Community Education Workshop:

# Managing Your Medications

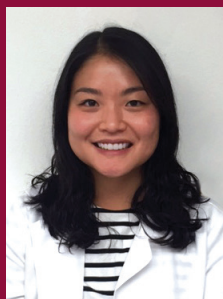
WEDNESDAY, SEPTEMBER 14, 2016

5:30 PM – 6:30 PM

Do you or does someone you love struggle to manage numerous medications needed to control a chronic health condition? Do you wonder why you've been prescribed the medications you are taking and what they do? Are you confused about how many times a day your medications should be taken or what time of day is best for each? We understand the uncertainties individuals and family members face when it comes to medication management – and we want to help.

Join us at our informal medication management workshop where our pharmacist will take the time you need to answer these and other medication questions. Learn about the most important dos and don'ts of your medications – both prescription and over-the-counter – as well as why it's so important to keep an accurate and up-to-date list of all your medications available at all times.

*Medication errors cause at least one death every day and injure approximately 1.3 million people in the U.S. every year. Make sure you and your loved ones use your medications as safely and effectively as possible.*



**Daniela Um, Pharm.D.**

Dr. Um is an expert in helping patients better manage their chronic health conditions through more appropriate use of prescription and over-the-counter medications. She works with individuals, their primary care physicians and other healthcare providers to optimize drug therapy and improve outcomes achieved through the medications they use.

Dr. Um received her Doctor of Pharmacy degree from the USC School of Pharmacy. Working as a pharmacist, as an adjunct assistant professor of pharmacy practice and as a participant in a special Medicare & Medicaid Innovation Program, she continues to advance more effective and safe use of medications within our senior population.

## REGISTRATION REQUIRED:

To register, call 714.670.6025  
Space is limited, please register early

## WORKSHOP HELD AT:

La Palma Intercommunity Hospital  
Education Classroom  
7901 Walker Street  
La Palma, CA 90623