

Help with your Health

• Free 1.5 hour interactive workshop to help you better manage your health •



Understanding your Medications

- Challenges with medications
- Importance of medications
 - Medication safety tips
- Why a personal record of medication(s) is important
 - Simplify taking medications

DATE

TIME

LOCATION

**Pre-registration is *required*, for more information:
Call 1-866-971-5545 or visit www.ceselfmanagement.ca**