

**FREE**

## Adventures in Lifelong Learning

UW-Parkside, Tallent Hall, 900 Wood Road Kenosha, WI 53141

Phone: 262-595-2793

### **“Let’s Talk About Medicines” Workshop**

October 11, 2016 10 to 11 AM Tallent Hall Room 182

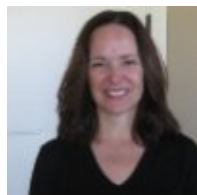
Taking a lot of medications lately? Do you really understand prescription labels? Come to this free one-hour workshop by Wisconsin Health Literacy that seeks to provide you with appropriate resources, knowledge, and strategies to better understand your medications. This workshop is supported by an educational grant from the Wisconsin Medical Society Foundation. It is free but you must register in advance by computer or by mailing in the registration form below. This workshop is limited to the first 50 members who sign up. Each participant will receive a free pillbox and workbook.

*These are the topics we’ll discuss:*

- 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.
- Basic medicine storage techniques.
- How over-the-counter meds may interact with other medicines.
- Dosage instructions and strategies to remember to take your medications, and more ...



**Kari LaScala** is the Health Communications Specialist at Wisconsin Health Literacy. She plays an instrumental role in planning, writing, testing and implementing health literacy interventions for various populations in Wisconsin. Prior to joining WHL, Kari worked at the Waunakee Public Library, where she organized and implemented the majority of public programming for adult patrons. She is also a freelance writer, penning feature articles for the Waunakee Tribune and other local newspapers. She holds a B.A. in journalism and psychology from Northern Illinois University and a J.D. from Northern Illinois University College of Law. She practiced law at a legal aid clinic and law firm in Chicago before moving with her family to the Madison area.



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*Questions? Call Julie Friedman, 262.942.7113*

Registration for “Let’s Talk About Medicines”  
Limited to 50 members.

Registration deadline: September 30, 2016  
**FREE**, but you must register in advance!

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Deliver registration form to Vanessa at the ALL office in Tallent Hall, or submit your registration online (even though this is a free session). Watch for an email with the registration **LINK** on or about the first Monday of each month. Note: as classes fill, members signing up get preference.