

AARP and the New Hampshire Pharmacists Association brings you a free **video** presentation by **Dr. Bill Thomas** on how to better use your medications.

Date: **October 28<sup>th</sup>, 2009**

Time: **10:00 am**

Location: **Massachusetts College of Pharmacy and Health Sciences  
1260 Elm St  
Manchester, NH 03101**

\*Please RSVP to  
603-314-1706

\*Free Parking

\*Refreshments served

\*Space is limited

Directions: Take I-293 Exit 6 towards West Manchester. Follow Eddy Rd to the Bridge St intersection. Take a left onto Bridge St. and then a left onto Elm St. The building is the 3<sup>rd</sup> on the left. Parking is in the back of the building.

# Wise Use of Medicine

A fierce advocate of improving healthcare for the elderly, Dr. Bill Thomas talks about the wise use of medicine and offers tools for using prescription medications safely and effectively.

Come and Learn :

- why more medicine is not always the answer
- brand-name drugs aren't always preferable
- new drugs aren't always better
- sometimes pills aren't the answer at all
- how to trust your instincts, save money make wise choices and be your own medication manager in partnership with your healthcare providers.

**This program should be on the “to-do” list of anyone who takes prescription medications.**

**Bring your medications (prescription medications, vitamins, herbal medications, etc) with you and learn how to properly and completely fill out a medication record...a first step to a healthier you.**