



Are there any side effects I need to watch for?

Which medications do I need to keep taking and why?

How do I take my medications and for how long?



Do you know how to talk to **health care providers** about **medications** either for yourself or for someone you care for?

**THURSDAYS**  
February 2, 9, & 16  
via Zoom  
1:30 - 3:30 p.m.

Facilitated by **Nicole Nakatsu, RPh**

Join us at the Queen's Family Health Team for a series of three, free workshops designed to help you talk with your doctors, pharmacists, and other health-care providers about your medications.

To register for the program, call **613-533-9303, Ext. 73890**, or email **dfm-medications@queensu.ca**.