

MEDICINE EDUCATION PROGRAM

A PROGRAM OF BHS, INC.

Take Charge Of Your Health



A SERIES OF FOUR CLASSES TO PREVENT MEDICINE MISUSE

1. MEDICINES: FRIENDS OR FOES

- HOW MEDICINES WORK
- DANGERS OF ALCOHOL, OTC, VITAMINS AND HERBS
- RISKS FOR OLDER ADULTS

2. USING MEDICINES WISELY

- READING MEDICINE LABELS
- SETTING UP A PERSONAL MEDICATION RECORD

3. TAKE CHARGE OF YOUR MEDICINES

- SAVING MONEY ON MEDICINES
- HOW TO BUY, STORE AND TAKE MEDICINES PROPERLY
- USING THE PHARMACIST

4. TALKING TO YOUR DOCTOR

- IMPROVING DOCTOR/PATIENT PARTNERSHIP
- COMMUNICATION TIPS

310-679-9035

Groups that successfully complete the *TAKE CHARGE OF YOUR HEALTH* series can choose an additional four classes from the following list of topics to create a *BE HEALTH WISE* series.

Turn Over 

Be Health Wise

ADDITIONAL CLASSES PRESENTED BY THE MEDICINE EDUCATION PROGRAM

1. **KEYS TO HEALTHY AGING: AN OUNCE OF PREVENTION**
2. **ALCOHOLISM AND THE OLDER ADULT**
3. **DEALING WITH ANGER**
4. **ARTHRITIS**
5. **ASSERTIVENESS TRAINING I & II (TWO CLASSES)**
6. **YOU AND YOUR BACK**
7. **DIABETES**
8. **EARTHQUAKE PREPAREDNESS**
9. **EXERCISE: WHY & HOW**
10. **HEALTH FRAUD AWARENESS**
11. **FRIENDS CAN BE GOOD MEDICINE**
12. **MAKING AND BREAKING HABITS**
13. **HOW IS YOUR HEARING?**
14. **HOW TO HANDLE THE HOLIDAYS**
15. **HYPERTENSION**
16. **THE INSIDE TRACT**
17. **LIFE'S CHANGES**
18. **MEMORY ENHANCEMENT**
19. **NUTRITION I & II (TWO CLASSES)**
20. **OSTEOPOROSIS**
21. **SAFETY IN THE HOME**
22. **SELF-MASSAGE**
23. **GETTING A GOOD NIGHT'S SLEEP**
24. **DEALING WITH STRESS**
25. **HOW TO BE A SMART SUPERMARKET SHOPPER**
26. **URINARY INCONTINENCE**
27. **HOW IS YOUR VISION?**

