

Mind Your Meds

Medication Adherence: It's a Lifesaver!

You may not take your medication as directed because:

- You forget
- You're not convinced they're working
- You fear the side effects
- They are costly

Whatever the reason, not taking medication as directed is a complicated and common problem that can have severe consequences.

Learn How to Mind Your Meds!

Get tips and tools, including a phone app, that will help you take your medication correctly.



Poor medication adherence takes the lives of 125,000 Americans annually, and costs the health care system nearly \$300 billion a year in additional doctor visits, emergency department visits and hospitalizations.

Coleman: Thursday, November 9, 12:30pm **465-6216**

Mills: Friday, November 17, 12:30pm **633-3788**

Trailside & Sanford at Trailside:

Thursday, November 30, 12:00pm **633-3790**

We encourage you to come for lunch before the program. For lunch, call the center you plan to attend before 9:00am of that day to make your reservation.



Senior Services • 4700 Dublin Ave. • Midland, MI 48642