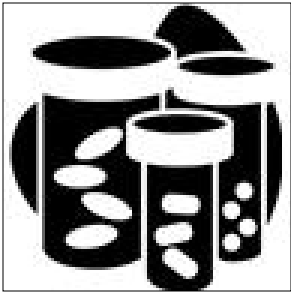


Feel Good Tuesday
**Managing Your Medications: Do's
and Don'ts**



September 28, 10 am

**Caldwell Public Library
268 Bloomfield Ave., Caldwell**

**Richard Adamczyk, Pharm.D
Clinical Pharmacist Mountainside Hospital**

- What foods may interact with medications?
- Can over-the-counter products be harmful?
- Are vitamins really good for you?

Find out how to avoid drug interactions and how to safely take your medications. There will be a question and answer period.

**For more information, please contact
Caldwell LIVE at 973 403-0972.**

The Feel Good series is a program from Caldwell LIVE, Caldwell Public Library and Mountainside Hospital.

Everyone age 60+ is welcome to participate!