



**Snohomish County**  
**Aaron Reardon**  
*County Executive*

## **Media Advisory – April 9, 2009**

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### **County presents free medications management seminar**

Whether taking the occasional over-the-counter medicine or many daily prescriptions, there are several tips to getting the full benefit from your medications.

Snohomish County Long Term Care and Aging – in partnership with The Everett Clinic, the Alzheimer’s Association and Council on Aging – is offering a free presentation on how to get the most out of your medicine. The discussion will include information about common side effects, adverse reactions, how to store medications, which foods don’t mix well with medicines and when combining drugs can be harmful.

The program will take place Wednesday, May 27, from 10:30 a.m. to noon at Building 2 of the Compass Health Administrative Offices, 4526 Federal Ave., Everett.

As the local area agency on aging, Snohomish County Long Term Care and Aging conducts planning and educational efforts, advocates with and on behalf of older adults in the county and administers federal, state and county funds to provide in-home and community-based services.

Registration for this program is available by contacting Joyce Frasu at 425-388-7377 or [j.frasu@snoco.org](mailto:j.frasu@snoco.org).

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