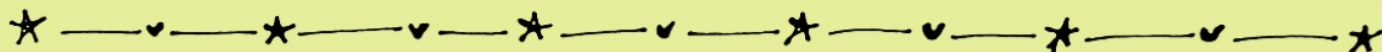


PHARMACY WEEK 2015 COMMITTEE & BEDOK CC YEC presents

H.M.A.C. Health & Medication Awareness Carnival



Sunday, 4th October 2015

8.30 am to 1.30 pm

Bedok Community Centre

ARE YOU:

- * HAVING TROUBLE COPING WITH YOUR MEDICINES?
- * CONFUSED ABOUT WHY YOU HAVE SO MANY MEDICINES?
- * CONCERNED THAT YOU ARE TAKING A LOT OF MEDICINES FOR TOO LONG?
- * CONCERNED ABOUT THE SIDE EFFECTS?

If you are on more than 5 medicines, **JUST ASK!**

OWN YOUR HEALTH
KNOW YOUR MEDICINES
BEFRIEND YOUR PHARMACIST

FREE admission!!

Fun activities for all ages. Receive a goodie bag⁺ once you have completed your journey!

FREE medicines check-up

Bring **ALL** your medicines, including supplements. Pre-registration opens on **14th September 2015**. Call 6221 1136 during office hours to register.

FREE health talks

- * "If you are on more than 5 medicines, **JUST ASK!**"
- * "Do I Need Supplements?" in English and Mandarin.

Win attractive prizes in our **LUCKY DRAW!!**

Join us on an exciting treasure hunt, as you explore how to "Know Your Medicines and Own Your Health!"

⁺While stocks last

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