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**NEWS RELEASE  
Calendar Listing**

For Immediate Release: March 21, 2012  
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**FOR IMMEDIATE RELEASE:**

**Aging Care Connections Heart Health Program and Individual Medication Review**

La Grange, IL-- Aging Care Connections, La Grange, will sponsor a program on heart health along with an opportunity for older adults to receive individual consultations on medications they take, at Plymouth Place, 315 N. La Grange Road, La Grange Park, on Thursday, April 12, 2012 at 10:00 a.m. Please call 708-354-1323 to register to attend. The program is free of charge.

Seniors will have the opportunity to bring in all prescription, over-the-counter and herbal medications for review by a pharmacist or pharmacy student from the University of Illinois at Chicago College of Pharmacy who will discuss how medications work, how to take them safely, how to recognize problems, and how medicines may interact with other medications. Participants are asked to bring all prescription and over-the-counter medications they take regularly in their original bottles to the session. In addition, the physician's name and phone number should be available in the event follow-up is required.

(more)

Medication error results in the death of 100,000 people each year. Today's powerful prescription and over-the-counter medicines help people to live longer and better than ever before. When the right medicine is taken in the proper way, it can be safe and lead to living a longer life in better health. However, if medicine is taken improperly, it can be harmful. The more medicine taken, the more important it is to understand how to use it properly.

This educational opportunity is aligned with Aging Care Connections' mission to enrich the quality of life of older adults and their families through social services, health and wellness programming, caregiver services and education.

Aging Care Connections is a non-profit organization which is the connection to the most comprehensive, expert information, programs and services enabling older adults to remain independent and their families to make the best, most informed decisions regarding needed care in their lives. Serving 22 communities in Lyons, Riverside and South Proviso Townships and an additional ten communities in Leyden and Norwood Park Townships for elder abuse investigation, Aging Care Connections' programs and services are made possible by community support and donations, and, in part, by the Illinois Department on Aging (IDOA), AgeOptions, Community Memorial Foundation and local United Ways. To learn more, visit

[www.agingcareconnections.org](http://www.agingcareconnections.org).

