



THE CITY OF SAN DIEGO

Public Library

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MEDIA CONTACT: Arian Collins
619-236-5848

Library to Host Free Health Fair in Point Loma on April 7 *“Beyond the Prescription Label” Seminars to be Held at Five Libraries in March and April*

SAN DIEGO – The City of San Diego Public Library will host a free health fair for the public on April 7 at the Point Loma/Hervey Branch Library. The event will include a seminar about prescription medication, free health screenings, and health and medical information. The program will be held from 1 to 5:30 p.m.

Health Screenings

The Walgreens Wellness Tour, a customized traveling education and health-screening vehicle, is on a 45-city, 12-month nationwide health screening tour. The vehicle features free health screenings for the public. The tour aims to bring free screening services and better health awareness to local communities throughout the United States. Each visitor is invited to take all five screenings, which are worth more than \$100 in value. All screenings will take place inside the customized vehicle and include cholesterol, glucose, blood pressure, bone density and body mass index.

Prescription Medication Seminar

“Beyond the Prescription Label: Understanding Your Medications” is a free medical seminar that will begin at 2 p.m. The free seminar is part of the Be Well Informed @ your library campaign, presented by Walgreens and the American Library Association. The San Diego Public Library is one of 10 library systems in the country participating in the program. The success of your prescribed medication requires more than just following the directions on the label. This seminar will inform you about interactions between your prescription drugs and over-the-counter medications, how your medication can react with certain foods, drug side effects, and questions you should ask your pharmacist. Whether you’re taking one medication or several, this seminar will provide you with important information.

Health and Medical Information

Brochures and literature about health and medical issues will be available to the public. Also, sample products will be distributed.

The Point Loma/Hervey Branch Library is located at 3701 Voltaire St. For more information, call 619-531-1539 or visit the Library’s Web site at <http://www.sandiego.gov/public-library/>.

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