



San Diego Public Library's *Malcolm X Library* proudly

Presents a:

FREE HEALTH SEMINAR ON:

# Over-the-counter MEDICATION

*American medicine cabinets contain a growing choice of nonprescription, over-the-counter medicines to treat an expanding range of ailments. Over-the-counter medicines often do more than relieve aches, pains and itches. Some can prevent diseases like tooth decay, cure diseases like athlete's foot and, with a doctor's guidance, help manage recurring infections, migraines and minor pain in arthritis.*

*This free seminar provides detailed information about nonprescription, over-the-counter drugs from a registered pharmacist. The programs will include presentations and a question and answer period. The seminars are 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.*

**Saturday, October 15, 2005**

2:00 – 4:00 pm

**Malcolm X Branch Library**

Seminar Room

5148 Market Street

<http://www.sandiego.gov/public-library/>

Please call (619) 527-3405 for more information.

**This information will be made available in alternative formats upon request.**

**be well**  
informed



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THE CITY OF SAN DIEGO