



THE CITY OF SAN DIEGO

Public Library

FOR IMMEDIATE RELEASE
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San Diego Public Library to Present Free Seminars Focusing on Prescription Medication

“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 series of free seminars in March and April titled “Beyond the Prescription Label: Understanding Your Medications.”

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.

The free 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.

The seminar schedule is as follows:

Thursday, March 10 at 1 p.m.

Rancho Bernardo Branch Library, 17110 Bernardo Center Drive, San Diego, 858-538-8163

Wednesday, March 23 at 6 p.m.

San Carlos Branch Library, 7265 Jackson Drive, San Diego, 619-527-3430

Saturday, April 2 at 2 p.m.

Valencia Park/Malcolm X Branch Library, 5148 Market St., San Diego, 619-527-3405

Thursday, April 7 at 2 p.m.

Point Loma/Hervey Branch Library, 3701 Voltaire St., San Diego, 619-531-1539

Saturday, April 16 at 2 p.m.

Mira Mesa Branch Library, 8405 New Salem St., San Diego, 858-538-8165

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