

# NEWS RELEASE



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**For Immediate Release**

## **HALIFAX REGIONAL OFFERS FREE SEMINAR ON MEDICATIONS**

**ROANOKE RAPIDS, NC (September 12, 2011)—Knowing your medications may save your life.**

To help residents of Halifax and Northampton Counties understand their medications, Halifax HealthLink is sponsoring a special “Lunch and Learn” event Monday, September 19.

Paula Burton, a pharmacist at Halifax Regional, will explain the importance of knowing your medications and maintaining an accurate list of them to bring to your doctor and the Medical Center.

“We prefer that patients bring their medications with them to see their physician or when they come to Halifax Regional,” she said. At “Lunch and Learn,” she will give away a free bag designed to keep medications.

“As health care professionals, we can take better care of you if we know what medications you take,” Burton said. “That includes not only oral medications, but also eye drops, inhalers, insulin and over the counter products.” She will discuss the dangerous repercussions of not having a complete list of medications.

Everyone is invited, but people who are taking prescription and over the counter medications are especially encouraged to attend. “The more you know about your medications, the better you can maintain your health,” Burton said.

“Lunch and Learn” begins at 11:30.m. September 19 at Halifax HealthLink in Becker Village Mall. There is no charge for lunch, but advance registration is required by calling 252 535-4334.

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### **About Halifax Regional**

Halifax Regional Medical Center is licensed for 204 beds, including psychiatric and nursery. A non-profit organization, Halifax Regional is fully accredited by the Joint Commission. For more information, visit [www.halifaxregional.org](http://www.halifaxregional.org).