



News Release

FOR IMMEDIATE RELEASE

DATE: February 28, 2014

CONTACTS:

Nicole Evans, Community Health Educator, 402-339-4334 ext. 209

Dianne Kelly, Health Director, 402-339-4334 ext. 205

SARPY/CASS DEPARTMENT OF HEALTH & WELLNESS SPONSORS MEDICATION WORKSHOP

February 28, 2014, Papillion - The Sarpy/Cass Department of Health & Wellness, in partnership with Creighton University School of Pharmacy and Health Professions, will sponsor a free medication workshop on Monday, March 31 from 12:15 – 1:30 p.m. at Immanuel Lutheran Church, 104 Galvin Road North, in Bellevue. Individuals wanting to learn more about over-the-counter vitamins and supplements are welcome to attend.

During this workshop with local pharmacy students and experts, participants will learn:

- Which over-the-counter vitamins can be helpful, and which vitamins to avoid.
- The recommended daily amount for certain minerals and vitamins, including calcium and vitamin D.
- The role vitamins play in our overall health and wellness.

Eating a well-balanced diet rich in fresh fruits, vegetables, whole grains, and low-fat dairy can help ensure our bodies get the vitamins and minerals needed for good health. Sometimes we don't get the nutrients we need and taking an over-the-counter multivitamin may be helpful (Medline Plus, 2013). Not all bodies need supplements, but how does an individual know if they are getting the vitamins they need, and when to explore taking an over-the-counter supplement? This workshop will help clarify the questions surrounding over-the-counter vitamin and supplement use, while helping participants better understand how to safely use these dietary aids if necessary.

"This program is a wonderful opportunity to teach about the safe use of over-the-counter vitamins and supplements while providing pharmacy students with hands-on experience working in community health," commented Nicole Evans, Community Health Educator with the Sarpy/Cass Department of Health. "We offered a similar program last month in Gretna and it was a big hit. We received several requests to offer a similar program in the Bellevue community and we decided to repeat the program in March."

There is no fee to attend this program and pre-registration is required. Call 402-339-4334 ext. 209 or email nevans@sarpy.com by March 26 to register. For more information on the Senior CARE Program or upcoming events, please visit www.sarpycasshealthdepartment.org/Seniors.html.

The Sarpy/Cass Department of Health & Wellness strives to improve the lives of citizens living in Sarpy and Cass counties by promoting the health of our community through disease prevention, partnerships, policy development and health education.

References:

Medline Plus. (2012). Vitamins. Retrieved January 30, 2014 from <http://www.nlm.nih.gov/medlineplus/vitamins.html>.

National Institutes of Health (NIH). (2013, August). *Should You Take Dietary Supplements?* A Look at Vitamins, Minerals, Botanicals and More. Retrieved January 30, 2014 from <http://newsinhealth.nih.gov/issue/Aug2013/Feature1>.

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