

# JUST A MINUTE

**Is all you need to learn to use medicines wisely. Just remember these tips:**

Read the label  
Avoid problems, such as side effects  
Ask questions of your doctor, pharmacist or nurse  
Keep a record of the medicines you use

To learn more about how to use medicines wisely, ask your pharmacist for a free guide.

***Women's Health:  
Take Time To Care***  
for yourself...for those who need you

