

# HEALTH NEWS

*News & health info from your preferred pharmacy provider*

## Upcoming Presentations

**Caring for Aging Parents** - Tips on managing medication & safety issues that arise when caring for aging parents/relatives/spouses.

**Friday, May 2nd** 1:00 - 2:00pm MacDougall Hall Room 246

**Leg Health Day** - Do you stand for long periods? Travel frequently on long flights? Poor circulation? Drop in to Murphy's Home Health Care at Parkdale Pharmacy on Tues, April 29th from 10am - 2pm with your questions about leg health. Our trained consultants can ensure you get the support you need with the look you want!

**Managing your Diabetes Risk** Over 40? High waist measurement? Family history? You should be screened for Diabetes. Be pro-active and sign up for an appointment for a free Diabetes Screening test. Friday, May 30th 11am—1pm. Call Debbie at 902-566-0605 to book your appointment.

## Earn Exclusive Rewards!

Employees at UPEI are entitled to exclusive rewards privileges at Murphy's Pharmacies locations Island wide.

**Q: How do I sign up?**

A: Sign up forms for Guardian Rewards cards can be accessed at any Murphy's Pharmacies location or in the Human Resources Office at UPEI in the Kelley Building.

**Q: What do I get?**

A: UPEI employees earn **1.5 times the points** on all front store purchases allowing you to earn cash rewards faster than the average customer. You also get **2,000 bonus points** just for signing up.

**Q: What if I already have a Guardian card?**

A: Email your name and card number to [joconnor@murphyspharmacies.com](mailto:joconnor@murphyspharmacies.com) and we will upgrade you to workplace status.

"THE FOOD YOU EAT  
CAN BE EITHER  
THE SAFEST  
&  
MOST POWERFUL  
FORM OF MEDICINE  
*or*  
THE SLOWEST  
FORM OF POISON."

Ann Wigmore

## Is Customized Medication for Pain Management Right for you?

Struggling through pain or the side effects of pain medication does not have to be a daily activity. Pharmaceutical compounding offers patients customized treatment options to meet individual pain management needs. Compounding is the art and science of preparing customized medications and provides valuable benefits to those for whom pain management has become a way of life.

Every individual is unique, and the types of pain experienced can be equally diverse. Murphy's Pharmacies has been customizing medication in their laboratory for over 20 years. To find out more, speak to your Murphy's Pharmacist or book a pain medication assessment - 902-892-1210.



*Trouble Sleeping? Muscle Cramps? Chronic Headaches?*

Ask your Murphy's Pharmacist about the benefits of Magnesium