



Guest Speaker

Clara Chambers, PharmD



Guest Speaker

Nancybeth Trester, PT

Commission on Aging Speaker Series

Join us June 20, 2017

4:30 – 6:00 p.m.

Public Service Center

1300 Franklin Street, Vancouver

Learn about Managing Medications and Pain

Many older adults take medication for chronic pain. Although medications help with quality of life, they can also cause other health problems. Learn about how to manage medications and deal with chronic pain.

Clara Chambers, a clinical pharmacist will discuss medication management, including issues related to taking multiple prescriptions including herbal and dietary supplements. Nancybeth Trester, a physical therapist will speak about how pain works, what makes it better or worse, and what you can do to decrease pain.



comm-aging@clark.wa.gov

www.clark.wa.gov/aging