

Nov. 14 Cancer Education and Art Series

Multi groups, parents will review skills to them lead their families through the experience and beyond. Special programs help children ages 5 to 18 develop the necessary life skills to confront manage the daily fear, stress, and uncertainty that come from living with a parent or grandparent with cancer. To register, contact jhaines@mnangel.org.
Days, Oct. 3, 10, 17, 24, Nov. 7, 14, 6-8 p.m., Angel Foundation, 15 S. 3rd St., Ste. 106W, Minneapolis

Big Well Expo

Big Well Expo features more than 25 health and wellness exhibitors, health talks, a variety of screenings (eye, hearing, blood pressure), consultations (legal, financial, caregiving, veterans' benefits, pharmaceutical), a technology room, and pneumonia shots, lunch, massage, and door prizes. Free and open to all. Call 651-298-5493 with any questions.
Day, Oct. 11, 10:30 a.m.-1:30 p.m., 7th Community Center, 265 Oneida St. Paul

Event for Crisis Nursery

Resting Hope is a memorable evening of wine, fabulous food, and exciting silent auctions hosted by Greater Minneapolis Crisis Nursery. Proceeds directly benefit children at risk of abuse neglect and help strengthen vulnerable families in crisis. Tickets are \$75 and can be purchased by calling 763-226-2061 or visiting www.crisisnursery.org.
Day, Oct. 14, 6:30-9:30 p.m., Marriott Northwest, 5801 Opus Pkwy., Minnetonka

St. Paul's Ataxia Support Group

Support group meets on the third Saturday of every month. Family and friends of afflicted individuals are always welcome. For more information, contact Lenore Healey Schultz healey.lenore@yahoo.com or at 612-338-3784 between 10 a.m. and 4 p.m.
Day, Oct. 15, 10 a.m.-noon, Lutheran Nursing Home, 1910 W. University Rd. D, Roseville



Educate Before You Medicate: Talk About Prescriptions!

According to the National Council on Patient Information and Education, two out of three doctor visits end with a prescription being written. More people are also using medicines that do not require a doctor's prescription, called over-the-counter (OTC) medicines. Since 1990, sales of OTC medicines have increased by more than 60 percent.

Acetaminophen is found in more than 600 different medicines—both prescription and OTC pain relievers, fever reducers, and sleep aids as well as cough, cold, and allergy medicines—so it is important your doctor knows about all the medicines you take. When used as directed, acetaminophen is safe and effective. However, taking more acetaminophen than directed can lead to liver damage and even death. You can take too much if you take more than the labeled dose of one acetaminophen medicine, or if you take an OTC medicine containing acetaminophen with a prescription medicine that also contains acetaminophen.

To prevent acetaminophen overdose, read labels and recognize when your medicines contain acetaminophen. The active ingredients in OTC medicines are clearly listed on the label, but always ask your health care provider whether your prescriptions contain acetaminophen.

For more information about taking medications safely and appropriately, visit www.talkaboutrx.org. Please consult a licensed health care professional with questions or concerns about your medication and/or condition.



18 Stroke Recovery Lecture: Mental Practice

Stroke survivors and their care partners are invited to learn more about recovery and life after a stroke. This lecture focuses on using imagination to unlock stroke recovery potential. For more information, call Sue Newman at 612-863-4996.

Tuesday, Oct. 18, 2-3:30 p.m., United Hospital, 333 N. Smith Ave., Bentson Family Conference Rm., St. Paul

19 ALS Family Caregiver Support Group

This new group offers caregivers education about ALS. Come and receive support to overcome the challenges of caring for a family member with the disease. Meetings are held the third Wednesday of the month. Registration is necessary to access parking. Contact Jennifer Myhre, LICSW, at 1-888-672-0484 or jennifer@alsmn.org.

Wednesday, Oct. 19, 7-8 p.m., ALS Association Chapter Office, Union Plaza Bldg., 333 Washington Ave. N., Ste. 105, Minneapolis

24 Fibromyalgia Support Group

You can manage your symptoms of fibromyalgia or chronic fatigue. The meetings offer a variety of self-care topics through speakers or open forums, shared personal experiences and coping strategies, informational handouts, and a lending library. A social worker is available for questions at 651-351-2364.

Monday, Oct. 24, 6:30-8 p.m., Courage Center St. Croix, 1460 Curve Crest Blvd., Conference Rm. A, Stillwater

Send us your news:

We welcome your input. If you have an event you would like to submit for our calendar, please send your submission to MPP/Calendar, 2812 E. 26th St., Minneapolis, MN 55406. Fax submissions to 612-728-8601 or email them to jbirgersson@mppub.com. Please note: We cannot guarantee that all submissions will be used. CME, CE, and symposium listings will not be published.

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