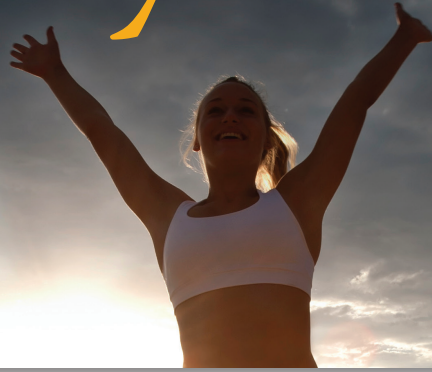


Healthy U series

What every *body* should know for a healthier you.



Join us for this informative
public lecture series

Tick Tock: The Time is Now! Take Charge of Your Health!

Wednesday
April 18, 2018
6:30–7:30 p.m.

Center for the Sciences and Pharmacy
Room 300

Free and open to the public and the Western New England University community. Visit wne.edu/healthyu to learn about upcoming topics.

Don't put off until tomorrow what you can do today! Do those words of wisdom haunt you? There's no time like the present to change the course of your health for the better! Small changes to your daily routine can have a positive impact on how you feel and lead to health improvements. Did you know about 1 in 3 Americans have high blood pressure? Or that 1 in 3 adults could have diabetes by 2050? The time is now to change these numbers!

Take Charge of Your Health will provide practical tips to help you make your health a priority, develop strategies to improve well-being, and empower you to become your own health advocate.

Dr. Kam L. Capoccia



*Clinical Professor of Community Care
College of Pharmacy and Health Sciences
Western New England University*

Dr. Capoccia is the director of the Western New England University College of Pharmacy and Health Sciences and Big Y Foods Inc. Consultation and Wellness Center in Springfield. She helps people in the community achieve their goals by assisting in the management of diabetes, high blood pressure, high cholesterol, and quitting smoking. Dr. Capoccia's areas of interest include factors

that affect medication taking; diabetes self-management education; and health, wellness, and prevention. She is the Residency Program Director for the Community-Based Pharmacy Residency Programs in collaboration with Walgreens and Big Y Foods, Inc. In the classroom, Dr. Capoccia engages the learners in Patient Assessment Skills lab and Self-Care Therapeutics.