

## Zoom Meeting • Thursday, November 6, 2025

11:00 am to 12:00 noon

## Your Pharmacist and Available Services • by Parag Shah • Pharmacist

Cost: No Charge

- **Deadline to register: Tuesday, November 4, 2025 (or earlier if we reach our Zoom Meeting capacity).**
- Our guest speaker is Parag Shah, a pharmacist at [Medicine Cabinet Pharmacy](#) in South Etobicoke's Lakeshore neighborhood. His pharmacy also partners with the doctors and nurses in the retirement community in the building above them, and with a local family doctor office. Parag will speak about:
  - *Safe Medication Use.* Tips on avoiding overmedication, managing multiple prescriptions, reducing side effects or drug interactions.
  - *Government Programs and Pharmacy Services.* An overview of the Ontario Drug Benefit (ODB) plan, and free services that pharmacists can provide, such as [MedsCheck](#) and immunizations.
  - *Managing Common Health Conditions.* Practical guidance on medications for diabetes, heart health, bone health, and pain management.
  - *Day-to-Day Tips.* Reading prescription labels, keeping an updated medications list, safe travel with medications.
- We ask participants to pay their Calendar Year 2025 membership fee prior to registering if you have not done so already.
  - This is \$15 for a Pensioner, or \$30 for a Pensioner and Spouse/Guest, payable by e-transfer to [hydropensionerstoronto@gmail.com](mailto:hydropensionerstoronto@gmail.com).
  - For more info and more ways to pay, [click here](#) for the Membership form.
- The Zoom Meeting link will be sent to registered attendees closer to the event date.
- Participants will need to connect via Zoom, using their own computer, tablet, or phone.
- The Zoom Meeting may be recorded and made available for review afterwards, along with a brief summary of how to access the available resources.

Please select one of these ways to register:

1. [Click here](#) to visit our on-line registration web form (Preferred Method).
- OR
2. Print and complete this application and return the portion below the dotted line.  
Mail to: Nazma Premji, 879 Westlock Road, Mississauga, ON L5C 1K8.

If you mail your registration form, please also email [hydropensionerstoronto@gmail.com](mailto:hydropensionerstoronto@gmail.com) indicating the mailing date to help us avoid missed registrations.

**Note: If after registering you are unable to attend, please advise Nazma [by email](#) or by phone 647-625-0947, so we can free-up space for more participants.**

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Pensioner Name: \_\_\_\_\_

Email address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Company I receive my Pension from:      ESA                      Hydro One                      IESO                      OPG                      Other