

Safe Medicines *and* Falls Prevention for Seniors & Caregivers

Prescription and over the counter medicine has the potential to improve health and well-being. But when not taken properly, it can sometimes cause other health-related problems.

Falls are the most common injury among seniors, and most falls happen at home. Learn how to reduce the risk of a fall for you and your loved ones.

Please join us for these informative workshops on:

Tuesday, March 31st, 2015
Bedford/Sackville Community Health Team Office
833 Sackville Drive, Lower Sackville

1:30 pm – Safe Medicines for Seniors & Caregivers

2:45 pm Break – refreshments provided

3:00 pm – Falls Prevention

This event is FREE of charge but you are asked to register by contacting Caregivers Nova Scotia at 902.421.7390.



Community Pharmacist
Nancy Marks
Shoppers Drug Mart
Lower Sackville

