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.

Caregivers Nova Scotia
for friends and family giving care

Community Pharmacist
Nancy Marks
Shoppers Drug Mart
Lower Sackville

Ageing Well Together
Community Links