

# Safe Medicines 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.

**Wednesday, January 14<sup>th</sup>, 2015**

**\*Snow date – Wednesday, February 11<sup>th</sup>, 2015**

**9:30 am** at the Goldboro Interpretive Centre,  
12881 Highway #316 (refreshments will be served)  
with Pharmacist Alison Myers of Haliburton Pharmacy  
and

**2:00 pm** at the Shamrock Senior's Centre  
89 Queen St, Canso (refreshments will be served)  
with Pharmacist Alex Wilson of Canso Pharmacy

This event is FREE of charge but you are asked to register by contacting: Ester Baker-Duggan at 902.387.2243  
Miriam Allen at 902.328.2296, or  
[nscentral@ageingwelltogether.ca](mailto:nscentral@ageingwelltogether.ca)

Did you know ...

**17%** of Nova Scotians  
are seniors

**28% - 40%** of all  
medication prescribed  
is for seniors

**30%** of all emergency room  
visits are drug related

Presented by:

  
**Caregivers**  
Nova Scotia  
for friends and family giving care

