

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.

We have been invited by Porters Lake Senior's Club to deliver this informative workshop. We will also be joined by Pharmacist Natalie Dexter (Lawtons Musquodoboit Harbour).

When: Wednesday, March 22nd at 1:30 pm

**Where: Porters Lake Community Centre
4693 Hwy #7, Porters Lake**

For more information about this event, please call Lynn Butler at 902.421.7390.

Did you know ...

18.9% of Nova Scotians
are seniors

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

30% of all emergency room
visits are drug related