

# 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.

Please join us and pharmacist Andrew Beresford (Meadows Pharmasave) for this informative workshop.

**When: Thursday, February 12, at 2:00 pm**

**Where: Spanish River Seniors Club  
1842 Kings Rd.  
Sydney**

This event is FREE of charge but you are asked to register by calling Maggie Roach-Ganaway at 902.371.3883, or our toll-free number: 1.877.488.7390

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 Association

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