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:

**Wednesday, October 7th, 2015**

Community Health Room
Inverness Consolidated Hospital (Maple St. entrance)
39 James St., Inverness

1:00 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 Maggie Roach-Ganaway at 902.371.3883.