Living Well in the Community
Gilford Public Library
31 Potter Hill Road

Aging Well
Thursday, September 23
3 - 4:30 p.m.

Managing Your Medications
Thursday, September 30
3 - 4:30 p.m.

Fall Prevention
Thursday, October 7
3 - 4:30 p.m.

Aging well refers to physical, mental, and social well-being in older age and is largely determined by the choices we make. Join us as we discuss strategies to maximize our health as we age.

Discover effective strategies to manage your medications, how to store medications safely, and the proper way to dispose of them. This program will be presented by pharmacist Ann Marie Bisson, RPh.

Falls can lead to moderate to severe injuries, such as hip fractures and head traumas, and can even increase the risk of early death. Explore common factors that can lead to falls and simple steps you can take to minimize the risk.

Face masks are strongly recommended for those who are not fully vaccinated against COVID-19. Please note that this program may be switched to virtual depending on current COVID-19 guidelines.

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