

PERQUIMANS COUNTY SENIOR CITIZENS CENTER

Healthy Living & Wellness



Friday, September 14, 2018

9am - Noon

Join us for a morning packed full of Free Information about your Health, Community Services and State Health Insurance Program

Healthy Snacks!

Medication Drop Box Available
9am - 10am (Bring Any Old Medication(s) that you need to discard)

Belltone - Information Regarding Hearing Screening and Services

Jewell Winslow, Perquimans County Extension Service - SHIP

Vidant Health Chowan Hospital Services Available

Presenters:

9:00 am Sheriff Shelby White-Medication Drop Box

9:15 am Jonathan Nixon, Emergency Services Director: EMS/911 Call Awareness

9:30 a.m. Amanda Betz, ARHS- GET FIT Program

10-11a.m. Faye Myers - Morning Exercise

11am Rebecca Corprew, DSS Crisis & Energy Assistance

11:30a.m. Ashley Lamb, Albemarle Commission Overview of Services Available

