

# YOUR HEALTH AND YOU ...

## WHAT YOU NEED TO KNOW ABOUT TAKING CONTROL OF YOUR TOTAL WELLNESS

KEYNOTE SPEAKER:

Dr. Anthony Brutico,  
Emergency Department Medical Director  
Newton Medical Center

### PARTICIPANTS WILL:

- Understand trends, laws and resources as it pertains to pain management in older adults.
- Learn about tools and resources available to help navigate the path to wellness.
- Be provided an opportunity to safely dispose of unused, unwanted or expired prescription medications and over-the-counter medication.

**BRING YOUR UNUSED AND EXPIRED PRESCRIPTIONS TO DISPOSE!**



APRIL 24TH, 2018

NOON TO 3PM

SENIOR LIFE CENTER

SUSSEX COUNTY COMMUNITY

COLLEGE PERFORMING ARTS CENTER'S

ATRIUM AND THEATER

REGISTRATION REQUIRED

Contact: Ashley Brown

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## COMPLIMENTARY LUNCH!



Presented in cooperation with the Senior Life Center at  
Sussex County Community College Atrium

