

PERQUIMANS COUNTY SENIOR CITIZENS CENTER

Healthy Living & Wellness



Monday, February 25, 2019
9am - Noon

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

Healthy Snacks!

Albemarle Audiology

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

SHIIP Representative - State
Health Insurance Information

Ashley Lamb, Albemarle Commission
Overview of Services Available

Vidant Health Chowan Hospital
Screenings and Services Available

Presenters:

9:00 am Jonathan Nixon, Emergency Services
Director: EMS/911 Call Awareness

9:30 am Sheriff Shelby White - Medication Drop
Box

10-11am Ann Reid - Morning Exercise

11:00 am. Ashley Mikus, Albemarle Regional
Health Services, Get Fit Program and
Knowing Your Numbers & Healthy Eating

11:20 am Katherine Henderson, Albemarle
Audiology

9-NOON - Health Screenings

