

PERQUIMANS COUNTY SENIOR CITIZENS CENTER



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

JoAnn Spivey, RX Card
North American Senior Benefits

Heather Williams, RN, MSN, Clinical Nurse
Vidant - Stroke Awareness

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



1072 Harvey Point Road, Hertford, NC 27944 For more information Call: 252-426-5404