



SHORE TO AGE WELL: MEDICATION MANAGEMENT; ALTERNATIVES TO PAIN MANAGEMENT

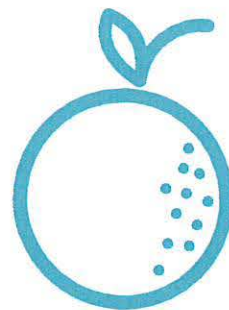
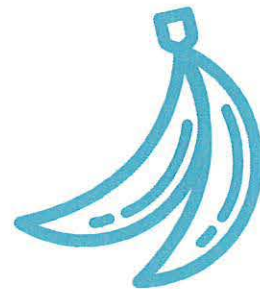
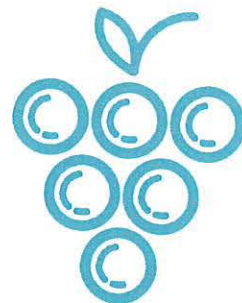
Developed by the Ocean County
Health Department (OCHD)

"Shore to Age Well" will be one 30- to 45- minute session which explains misuse and abuse of medications, medication storage, alternative options for pain management and where to access those options, patient-physician communication, medication drop box locations and at home disposal. Alternative pain management includes the following: physical therapy, chiropractic care, yoga, massage therapy, local anesthetics and topical medications, exercise, and NSAIDs.

To schedule contact Kelly Downes:

klarney@oceancountyhealth.gov

732-341-9700 ext 7232



**Ocean County
Health Department**



Public Health