## Spring is a **great** time to clean out your medicine cabinet



**IMPORTANT:** If you or someone you care for has been prescribed a narcotic or opioid, it is VERY important to use and dispose of these medications safely. Please take the time to watch this short video in the link below and learn what you can do to address the Opioid Crisis:

In Virginia: Mind Your Meds | SeniorNavigator In Kansas, Missouri and South Carolina: Mind Your Meds | HQIN



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