

Healthy Londonderry

Invites You to Join us
For a Family Evening of
Health, Safety, Wellness and
Fun

- Healthy Londonderry and the South Central Public Health Network are partnering to offer community residents an opportunity to take advantage of multiple education and training opportunities under one roof on a single night.
- Planned activities include:
 - **NARCAN TRAINING AND EDUCATION** - Learn to provide a potentially life saving service in an overdose emergency. Narcan Kits will be provided to those who complete the training. Provided by Londonderry Fire Department.
 - **STOP THE BLEED** - Education and Training through Parkland Medical Center for bystanders to become trained and empowered to help in a bleeding emergency before professional help arrives.
 - **BALANCE TESTING FOR OLDER ADULTS** - A brief screening administered to determine risk regarding falls, current exercise levels, and other information to determine need for balance training. Provided by the South Central NH Medical Reserve Corps and their trained balance coaches.
 - **DRUG TAKE BACK DAY & SAFE MEDICATION DISPOSAL INFORMATION** - Provided by the Substance Misuse Prevention Team from the Public Health Network.
 - **AN ONSITE HEPATITIS A VACCINE CLINIC** - For attendees who may be part of high risk populations or may be in contact with them. Provided through the Public Health Emergency Preparedness Team and Medical Reserve Corps volunteers.
 - **AND AN ARRAY OF OTHER OPPORTUNITES.**



WHEN:

Wednesday
October 23, 2019

6:00pm - 8:00pm

(Narcan Training begins promptly at 6:30pm)

WHERE:

Londonderry High School
Cafeteria

295 Mammoth Road
Londonderry, NH 03053

**FAMILY ACTIVITIES - Pumpkin
decorating for kids with Halloween
safety tips and gear for the big night.**

**Pizza and other light refreshments will
be provided.**

Please rsvp to:
dtighe@chsgreaterderry.org
by 10/20/2019.



Londonderry
New Hampshire

With assistance and support from

