

Wellness Tip

of the Week

with the Area Agency on Aging District 7



Medication Reminders

Forgetting to take your medications? Here are some suggestions to help you remember:

- Place your medication next to something you often go to, like a toothbrush or the coffee pot.
- Use a checklist or pill organizer.
- Use an electronic reminder.
- Have others remind you.
- Plan before you travel.