## MARCH 20<sup>TH</sup> IS SPRING CLEAN YOUR MEDICINE CABINET DAY In our search for a Health Tips topic for the month of March we found this great article on the National Kidney Foundation web site that provides tips for cleaning out your medicine cabinet. Please click on this link for the full article: https://www.kidney.org/transplantation/transaction/TC/Spring14/6-Tips-Help-SpringClean-Your-Medicine-Cabinet WE ENCOURAGE YOU TO BRING ALL YOUR EXPIRED OR NO LONGER NEEDED MEDICATIONS TO THE NORTHBRIDGE POLICE DEPARTMENT FOR PROPER DISPOSAL. THE POLICE STATION HAS A MEDICATION DISPOSAL KIOSK AVAILABLE TO THE PUBLIC IN THEIR LOBBY.

DO NOT bring sharps or lancets to the Police Station for disposal – those can be brought in a puncture resistant container to the Board of Health office or the Northbridge Senior Center for disposal.

ANY QUESTIONS, PLEASE CONTACT THE NORTHBRIDGE BOARD OF HEALTH OFFICE AT 508-234-3272.