



# An Ounce of **Prevention**

Call and ask for  
**An Ounce  
of Prevention**  
**603-526-4077**

*Our goal is  
to keep you  
independent  
in the home  
you love.*

107 Newport Road  
PO Box 2209  
New London, NH 03257

[www.lakesunapeevna.org](http://www.lakesunapeevna.org)

***If you or someone you know have  
questions about...***

- Falling/Fear of Falling
- Home Safety
- Memory
- Chronic Medical Issues
- Personal Care
- Health Education
- Nutrition
- Medications

***...we can provide a free visit to  
begin a conversation about how  
to keep you safe and independent  
in your home.***

A licensed staff member will talk with you about your needs and concerns in the privacy of your own home and recommend community resources and services to help increase your safety and independence.

After the visit and with your permission, we will contact your doctor with any recommendations. We encourage you to speak to your doctor as well.