

# MedsMatter!



Safe disposal of unused opioid medications is an important part of addressing the opioid epidemic.

**Mind Your Meds** educates you about safe medication use and disposal to empower you to take action based on what you have learned.

The following are **4 easy steps** on how to safely use and dispose of opioids and other pain medications.

1. **Watch a short video** at [www.seniornavigator.org/mindyourmeds](http://www.seniornavigator.org/mindyourmeds)
2. **Offer us your feedback** at the same link.
3. **Use what you learn** to safely dispose of unused opioids and other pain medications.
4. **Share this information** with your friends and family.

 **Health Quality Innovation Network**

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HEALTH QUALITY INNOVATORS



Virginia Geriatric Education Center



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