

APRIL 2026 NEWSLETTER



MEDICATION SAFETY WEEK: PROTECTING YOUR HEALTH THROUGH SAFE MEDICATION PRACTICES



Medications are designed to improve health, but when used incorrectly, they can lead to serious complications. In fact, medication errors are one of the leading causes of preventable harm. These errors can include not taking the wrong dosage, mixing medications that should not be combined, or misunderstanding instructions.

Common Medication

Mistakes to Avoid:

Understanding the most common errors can help you prevent them:

1. Skipping or doubling doses

Missing a dose or taking extra can affect how well a medication works or cause harmful side effects.

2. Mixing medications without guidance

Some prescriptions, over-the-counter drugs, and supplements can interact negatively.

3. Not following instructions carefully

Taking medication at the wrong time or without food when required can reduce effectiveness.

4. Using expired medications

Expired medications may not work properly and can sometimes be unsafe.

5. Poor storage habits

Heat, humidity, and light can affect medication stability.

Join Us for a Medication Safety Seminar at MetroHealth!

This is an interactive presentation, complete with resources and interactive games. If you are a senior or a caregiver, this seminar will provide tips for getting the best results from medications and how to avoid medication-related problems.

Upcoming Seminar:

MetroHealth of East Orlando –




April 15 2026 | 12:30 – 1:30 PM

Call 407-803-4622 to reserve your spot.






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701 South Orange Blossom Trail Apopka, FL 32703

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NOT A PATIENT YET? SCAN THIS CODE NOW TO JOIN GOLDEN TIMERS CLUB FREE!</p> 	<p>1  MEDICAL RESEARCH MEMORY SCREENINGS</p>	<p>2 TAI CHI/QIGONG AT 9:30AM</p>	<p>3</p>	
<p>6</p>	<p>7 ZUMBA AT 10 AM MEDICARE 101 AT 11AM</p>	<p>8</p>	<p>9 TAI CHI/QIGONG AT 9:30AM TAI CHI AND ORIGAMI FOR PARKINSON'S AT 11AM</p>	<p>10</p>
<p>13</p>	<p>14 ZUMBA AT 10 AM</p>	<p>15 GUITAR GROUP AT 11AM </p>	<p>16 TAI CHI/QIGONG AT 9:30AM</p>	<p>17</p>
<p>20</p>	<p>21 ZUMBA AT 10 AM</p>	<p>22</p>	<p>23 TAI CHI/QIGONG AT 9:30AM</p>	<p>24</p>
<p>27</p>	<p>28 ZUMBA AT 10 AM</p>	<p>29</p>	<p>30 TAI CHI/QIGONG AT 9:30AM</p>	

10025 East Colonial Drive Orlando, FL 32817

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p> WEEKLY EXERCISE CLASSES BY SILVER SNEAKERS</p> 	<p>NOT A PATIENT YET? SCAN THIS CODE NOW TO JOIN GOLDEN TIMERS CLUB FREE!</p>	<p>1 ZUMBA AT 10 AM TAI CHI AT 11AM</p>	<p>2 LINE DANCING AT 10AM SNEAKERS CLASSIC AT 11AM</p>	<p>3 CHAIR YOGA AT 10AM LINE DANCING AT 11AM</p>
<p>6 TAI CHI/QIGONG AT 11AM</p>	<p>7 SNEAKERS CLASSIC AT 10AM CHAIR YOGA AT 11AM</p>	<p>8 ZUMBA AT 10 AM TAI CHI AT 11AM</p>	<p>9 LINE DANCING AT 10AM SNEAKERS CLASSIC AT 11AM</p>	<p>10 CHAIR YOGA AT 10AM LINE DANCING AT 11AM</p>
<p>13  MEDICAL RESEARCH TAI CHI/QIGONG FOR PARKINSON'S AT 11AM</p>	<p>14 SNEAKERS CLASSIC AT 10AM CHAIR YOGA AT 11AM</p>	<p>15 K2 MEMORY SCREENINGS ZUMBA AT 10 AM TAI CHI AT 11AM MEDICATION SAFETY SEMINAR AT 12:30PM</p>	<p>16 LINE DANCING AT 10AM SNEAKERS CLASSIC AT 11AM</p>	<p>17 CHAIR YOGA AT 10AM LINE DANCING AT 11AM CRAFTY CORNER: CLARITY IN YOUR VISION BOARDS AT 1:00PM</p>
<p>20 TAI CHI/QIGONG AT 11AM  NUTRITION CLASS AT 12:30PM</p>	<p>21 SNEAKERS CLASSIC AT 10AM CHAIR YOGA AT 11AM</p>	<p>22 ZUMBA AT 10 AM TAI CHI AT 11AM</p>	<p>23 LINE DANCING AT 10AM SNEAKERS CLASSIC AT 11AM</p>	<p>24 CHAIR YOGA AT 10AM LINE DANCING AT 11AM</p>
<p>27 TAI CHI/QIGONG AT 11AM</p>	<p>28 SNEAKERS CLASSIC AT 10AM CHAIR YOGA AT 11AM</p>	<p>29 ZUMBA AT 10 AM TAI CHI AT 11AM</p>	<p>30 LINE DANCING AT 10AM SNEAKERS CLASSIC AT 11AM</p>	