


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 1	Ask the Nurse at North Beach Senior Center 10—Noon 2	Stroke Wellness Workshop 4:30-5:30pm General Cancer Support Group 4—5pm 3	Ask the Nurse at Calvert Pines Senior Center 10—Noon 4	Fit Friday at Southern Pines Senior Center 9—11am 5	 6 Huntingtown High Black Health Fun Run 10—12pm
7	 8 Southern Pines Senior Center 9:30am— 12pm	9	 10 Solomons Mission Center 10—1pm St. John Vianney Food Pantry 3 — 5pm	11	12	13
14	 15 North Beach Senior Center 9:30am — 12pm	16	17 Breast Cancer Support Group 5:30-6:30pm	18	Fit Friday at North Beach Senior Center 9—11am 19	 20 Yardley Hills Health Fair 10—1pm
21	 22 Calvert Pines Senior Center 9:30am — 12pm	23	 24 Southern Pines II Apartments 1—3pm	25	26	 27 Pathways Inc. Mental Health 5k at Patuxent High 8 -12pm
 28 FREE Breast Cancer Screenings at St. John Vianney 1:30-3:30pm	29	 30 2:30— 6:30m				

 = CalvertHealth Mobile Health Center will be present

CalvertHealth is proud to bring you classes, wellness programs, health screenings and events to help you live a healthier life. For more information about the events listed here, please contact the CalvertHealth Community Wellness Office at 410.535.8233 or visit our website at CalvertHealthMedicine.org/Classes to register.

