

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Ask the Nurse at Calvert Pines Senior Center 10 — Noon	3 Community Wellness Office is Closed	4 
5	6 Health Screenings at Solomons Medical Offices 8—4pm	7  2 — 5:30pm	8  Solomons Mission Center 10—1pm St. John Vianney Food Pantry 3 — 5 pm	9 Get connected to resources at Solomons Medical Offices 8—3pm	10 Fitness Friday at Senior Centers Calvert Pines 9—11am and Southern Pines 11:30—1:30pm	11
12	13  Southern Pines Senior Center 9:30am — Noon	14  2 — 5:30pm	15	16  Chesapeake Cares Food Pantry 9—12:30pm	17	18
19	20  North Beach Senior Center 9:30am — Noon	21  Project Echo 5:30—7:30pm	22	23 Get connected to resources at Solomons Medical Offices 8—3pm	24	25 North Beach Farmers Market 8—11:30am
26	27  Calvert Pines Senior Center 9:30am — Noon	28  2 — 5:30pm	29	30	31	



= CalvertHealth Mobile Health
Center will be present



SCAN ME

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.