

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	Health Screenings ³ at Solomons Medical Offices 8—4pm	 ⁴ National Night Out! Find a location near you.	 ⁵ St. Leonard Volunteer Fire Kids Camp	Ask the Nurse at ⁶ Calvert Pines Senior Center 10 — Noon	Medication Assisted ⁷ Treatment Education at Solomons Medical Office 10:30—Noon	North Beach ⁸ Farmers Market 8—11:30am
9	 ¹⁰ Southern Pines Senior Center 9:30 — Noon	Back to School ¹¹ Event at CalvertHealth 4 — 6 p.m.	 ¹² Solomons Mission Center 10—1pm St. John Vianney Food Pantry 3—6pm	Health Screenings ¹³ at Solomons Medical Offices 8—3pm	Fitness Friday at ¹⁴ North Beach Senior Center 9 — 11a.m.	15
16	 ¹⁷ North Beach Senior Center 9:30 — Noon	Ask the Nurse at ¹⁸ Southern Pines Senior Center 10 — Noon	19	Health Screenings ²⁰ at Solomons Medical Offices 8—3pm	21	A1c Clinic at ²² Solomons Medical Office 8 — Noon
23	 ²⁴ Calvert Pines Senior Center 9:30 — Noon	Adverse Childhood ²⁵ Experiences Education at Solomons Medical Office Noon—1:30	 ²⁶ Mount Olive Food Pantry 2—5pm	Health Screenings ²⁷ at Solomons Medical Offices 8—3pm	28	 ²⁹ EMS Volunteer Appreciation Noon—4pm



= 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.



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