

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 1	2 Ask the Nurse at North Beach Senior Center 9—11am	3	4 Ask the Nurse at Calvert Pines Senior Center 9 —11am	5 Fit Friday at Southern Pines Senior Center 9—11am	6
7	 8 Southern Pines Senior Center 9—11:30am	9	 10 Solomons Mission Center 10—1pm St. John Vianney Food Pantry 3 — 5pm	11	12 Fit Friday at Calvert Pines Senior Center 9—11am	 13 SMILE Food Pantry 9—Noon
14	 15	16 Ask the Nurse at Southern Pines Senior Center 9—11am	17	18	 19 Chapline House in Prince Frederick 11—1pm	20
21	 22 Calvert Pines Senior Center 9 — 11:30 a.m.	23	24	 25 Southern Library 9—1pm	26	27
 28 St. John Vianney 12—3pm	29	30 Ask the Pharmacist at North Beach Senior Center 9—11:30am	31			



= 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.