


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					 1 Community Resource Fair at CSM 11—3pm	2
3	4	5 Ask the Nurse at North Beach Senior Center 10—Noon	6 Stroke Wellness Workshop 4:30-5:30pm General Cancer Support Group 4—5pm	7 Ask the Nurse at Calvert Pines Senior Center 10—Noon	8 Fit Friday at Calvert Pines Senior Center 9—11am	9
 10 Visit with the Doctor at St. John Vianney Church 1:30—3:30pm	11 Southern Pines Senior Center 9:30am — Noon 	12	 13 Solomons Mission Center 10—1pm St. John Vianney Food Pantry 3 — 5pm	14	 15 Chapline House 11—1pm	 16 Bull Roast at American Legion Gray-Ray Post 220 11—5pm
 17	18 North Beach Senior Center 9:30am — Noon 	19 Ask the Nurse at Southern Pines Senior Center 10—Noon	20 Breast Cancer Support Group 5:30-6:30pm	21	22	 23 SMILE Food Pantry 9am—Noon
24	25 Calvert Pines Senior Center 9:30am — Noon 	26 Ask the Pharmacist at Southern Pines Senior Center 9—11:30am	27	28	29	30

 = 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.

