















| SUNDAY | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  |
|--------|---|--|--|--|---|---|
|        |   |  1<br>2:30— 5:30pm    | 2<br>General Cancer Support Group<br>4—5pm   | 3<br>Ask the Nurse at Calvert Pines Senior Center<br>10 — Noon   |  4 | 5   |
| 6      | 7   |  8<br>2:30— 5:30pm    |  9<br>Solomons Mission Center 10—1pm<br>St. John Vianney Food Pantry 2— 5 pm      | 10<br>Virtual Diabetes Wellness Workshop 6—7pm<br>Caregiver Support Group 5—6pm  | 11  | 12<br>North Beach Farmers Market 8—11:30am  |
| 13     |  14<br>Southern Pines Senior Center 9:30am — Noon  |  15<br>2:30— 5:30pm   |  16<br>Southern Middle School 9:30—10:30am<br>Calvert High School 12:30—1:30pm    | 17   | 18<br>Fitness Friday at North Beach Senior Center 10 — Noon                           | 19  |
| 20     |  21<br>North Beach Senior Center 9:30am — Noon     |  22<br>2:30— 5:30pm   | 23   |  24<br>Dunkirk Farmers Market 4—7pm | 25  |  26<br>CCPR Back to School Event 10—Noon |
| 27     |  28<br>Calvert Pines Senior Center 9:30am — Noon |  29<br>2:30— 5:30pm |  30<br>Huntingtown High School 9:30—10:30am<br>Calvert High School 12:30—1:30pm | 31   |   |   |



= CalvertHealth Mobile Health Center will be present



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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](https://CalvertHealthMedicine.org/Classes) to register.