










SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Don't forget to pre-order a Thanksgiving Pie at the CalvertHealth Tuesday Farmers Market from 2:30—5pm! Pick up on November 25th.						1
2	Health Screenings <sup>3</sup> at Solomons Medical Offices 8—4pm	 2:30 — 5pm	General Cancer <sup>5</sup> Support Group 4—5pm	Ask the Nurse at <sup>6</sup> Calvert Pines Senior Center 10-Noon	7	8
 Pride Event in Lexington Park 11am—4pm	Health Screenings <sup>10</sup> at Solomons Medical Offices 8—4pm	 2:30 — 5pm	 Solomons Mission Center 10—1pm St. John Vianney 3— 5 pm	Diabetes Wellness <sup>13</sup> Workshop 6—7pm Caregiver Support Group 5—6pm	Fitness Friday at Senior <sup>14</sup> Centers Calvert Pines 9—11am and Southern Pines 11:30—1:30pm	Free A1c Clinic <sup>15</sup> 106 Hospital Rd, Prince Frederick 8—Noon
16	 North Beach Senior Center 9:30am — Noon	 2:30 — 5pm	19 Breast Cancer Support Group 5:30-6:30pm	Get connected to <sup>20</sup> resources at Solomons Medical Offices 8—4pm	21	Free A1c Clinic <sup>22</sup> 14090 H G Trueman Rd, Solomons 8—Noon
23	Health Screenings <sup>24</sup> at Solomons Medical Offices 8—4pm	 2:30 — 5pm	26	 27	Community <sup>28</sup>	29



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