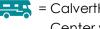


## November 2025

**Diabetes Awareness** 

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.						
2	Health Screenings  at Solomons  Medical Offices  8—4pm	CalvertHealth FARMERS MARKET  2:30 — 5pm	General Cancer 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 at Solomons Medical Offices 8—4pm	CalvertHealth FARMERS MARKET  2:30 — 5pm	Solomons Mission Center 10—1pm  St. John Vianney 3— 5 pm	Diabetes Wellness Workshop 6—7pm Caregiver Support Group 5—6pm	Fitness Friday at Senior Centers Calvert Pines 9—11am and Southern Pines 11:30—1:30pm	Free A1c Clinic  106 Hospital Rd, Prince Frederick  8—Noon
16	North Beach Senior Center 9:30am — Noon	CalvertHealth FARMERS MARKET  2:30 — 5pm	Breast Cancer Support Group 5:30-6:30pm	20 Get connected to 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 at Solomons Medical Offices 8—4pm	25 CalvertHealth FARMERS MARKET  2:30 — 5pm	26	HAPPY 27 THANKS GIVING	Community <sup>28</sup>	29



= 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.



**SCAN ME**