









SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Health Screenings <sup>1</sup> at Solomons Medical Offices 8—4pm	Ask the Nurse at <sup>2</sup> North Beach Senior Center 10—Noon	<sup>3</sup>	Ask the Nurse at <sup>4</sup> Calvert Pines Senior Center 10—Noon	<sup>5</sup>	<sup>6</sup>
<sup>7</sup>	 <sup>8</sup> Southern Pines Senior Center 9:30am — Noon	 <sup>9</sup> CalvertHealth FARMERS MARKET 2 — 5:30pm	 <sup>10</sup> Solomons Mission Center 10—1pm St. John Vianney Food Pantry 3— 5 pm	<sup>11</sup> Get connected to resources at Solomons Medical Offices 8—3pm	<sup>12</sup> Fitness Friday at Senior Centers Calvert Pines 9—11am and Southern Pines 11:30—1:30pm	<sup>13</sup> A1c Clinic at Prince Frederick Office 8—noon
<sup>14</sup>	 <sup>15</sup> North Beach Senior Center 9:30am — Noon	<sup>16</sup> Ask the Nurse at Southern Pines Senior Center 10—Noon	<sup>17</sup>	<sup>18</sup> Get connected to resources at Solomons Medical Offices 8—3pm	<sup>19</sup>	 <sup>20</sup> NAACP Juneteenth Event at Jefferson Patterson Park 11 — 5pm
<sup>21</sup>	 <sup>22</sup> Calvert Pines Senior Center 9:30am — Noon	<sup>23</sup> Ask the Pharmacist at Southern Pines Senior Center 9—11:30am	<sup>24</sup>	<sup>25</sup> Get connected to resources at Solomons Medical Offices 8—3pm	<sup>26</sup>	<sup>27</sup>
<sup>28</sup>	<sup>29</sup> Health Screenings at Solomons Medical Offices 8—4pm	 <sup>30</sup> CalvertHealth FARMERS MARKET 2 — 5:30pm				

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