

# 2026

Stop by for FREE health

education and services that focus on preventing and managing diabetes, cancer, and other chronic diseases!

VISIT WITH AN EXPERT:

Registered Nurse

Health Educator

Pharmacist

Peer Recovery Services

LOCATION:

Suite 1400 - Community Education Room

14090 H G Trueman Rd, Solomons Island

MD 20688

**410-535-8233**

[CalvertHealthMedicine.org/Community-Wellness](http://CalvertHealthMedicine.org/Community-Wellness)

# JANUARY

## SOLOMONS MEDICAL CENTER OUTREACH SCHEDULE



SUN	MON	TUE	WED	THU	SAT	FRI
				01 8 - 4pm Resource Connection	02	03
04	05 <b>8 - 4pm</b> Health Screenings • A1C • Cholesterol • Blood Pressure	06	07	08 8 - 4pm Resource Connection	09	10
11	12 <b>8 - 4pm</b> Health Screenings • A1C • Cholesterol • Blood Pressure	13	14	15 8 - 4pm Resource Connection	16	17
18	19 <b>8 - 4pm</b> Health Screenings • A1C • Cholesterol • Blood Pressure	20	21	22 8 - 4pm Resource Connection	23	24
25	26 <b>8 - 4pm</b> Health Screenings 9 - 11:30 Medication Management	27	28	29 8 - 4pm Resource Connection	30	31