


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	<b>HAPPY ★★★ LABOR DAY</b> 2	 3 CalvertHealth FARMERS MARKET 2:30—6:30pm	Stroke Wellness 4 Workshop 4:30-5:30pm  General Cancer Support Group 4—5pm	Ask the Nurse at 5 Calvert Pines Senior Center 10am — Noon	Fitness Friday at 6 Southern Pines Senior Center 10am — Noon	 7 Recovery Fest at Ann Marie Gardens 10 - 2pm
8	 9 Southern Pines Senior Center 9:30am — Noon	 10 CalvertHealth FARMERS MARKET 2:30—6:30pm	 11 Solomons Mission Center 10—1pm	Virtual Diabetes 12 Wellness Workshop 6—7pm	Fitness Friday at 13 Calvert Pines Senior Center 9 — 11am	 14 Middleham and St. Peters Health Fair 9:30 — Noon
 15 Super Hero Day at Ward Park 10—1pm  Latino Resource Fair at Hallowing Point Park 1—5pm	 16 North Beach Senior Center 9:30am — Noon	 17 CalvertHealth FARMERS MARKET 2:30—6:30pm	 18 Seedco Resource Fair at the Jaycee's Center in Waldorf 2:30—6:30pm	19	Fitness Friday at 20 North Beach Senior Center 9 — 11am	 21 Free Medical Service Day at Patuxent High 8 — Noon
 22 Free Medical Service Day at Patuxent High 8 — Noon	 23 Calvert Pines Senior Center 9:30am — Noon	 24 Free Breast Cancer Screenings at Chesapeake Cares Food Pantry 5—7pm	 25 St. John Vianney Food Pantry 3 — 5pm	26	27	28
29	30					

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

