CalvertHealth Community Wellness

April 2025

Stress Awareness Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Ask the Nurse at North Beach Senior Center 10—Noon Stroke Wellness Workshop 1—2pm	2 General Cancer Support Group 4—5pm	3 Ask the Nurse at Calvert Pines Senior Center 10—Noon	4 Fit Friday at Southern Pines Senior Center 10—Noon	5
6	7	8	9 Solomons Mission Center 10—1pm St. John Vianney Food Pantry 3 — 5pm	10 Virtual Diabetes Wellness Workshop 6—7pm Caregiver Support Group 5—6pm	11 Fit Friday at Calvert Pines Senior Center 10—Noon	12
13	14 Southern Pines Senior Center 9:30am— Noon	15 Ask the Nurse at Southern Pines Senior Center 10—Noon	16 Breast Cancer Support Group 5:30-6:30pm	17	18	19
20	21 North Beach Senior Center 9:30am — Noon	22 Chesapeake Cares Food Pantry 5:30—7:30pm	23	24 Ask the Pharmacist at Southern Pines Senior Center 9—11:30am	25	26 Be Kind to Your Mind Health Fair at Kellum's Field 9am—Noon
27	28 Calvert Pines Senior Center 9:30am — Noon	29 CalvertHealth FARMERS MARKET 2:30— 5:30pm	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 to register.

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