

A Thoughtful Approach to *Women's Wellness*

February 28, 2015

8:30 a.m. - 2:30 p.m.

Loffler Senior Center

21905 Chancellors Run Rd.,
Great Mills, Maryland

The FREE wellness program includes:

- Health screenings
- Continental breakfast and lunch
- Featured programs on domestic violence, women's health issues and nutrition
- Health displays and useful educational materials

Pre-registration is required.

Call 301-475-6019 to learn more and to register.

Presented by St. Mary's Delicados, Inc. and MedStar St. Mary's Hospital

Guest Speakers and Topics:

- Lorraine Diana, CRNP, with MedStar Georgetown Gynecology presents:
Women's Health Concerns Across the Continuum of Life
- Roxanne Richards, MD with MedStar St. Mary's Hospital Primary Care presents:
What is Sickle Cell? Who's Vulnerable? Learn the signs and symptoms.
- Yvonne M. Dawkins, RN, FNE-A with MedStar St. Mary's Hospital presents:
What You Need to Know about Domestic Violence.
- Andrea Hamilton, Program Coordinator with MedStar St. Mary's Hospital Health Connections presents:
Lifestyle Changes to Create a Healthier You!



**MedStar St. Mary's
Hospital**

