

# A Thoughtful Approach to *Women's Wellness*



**Saturday, Feb. 27, 2016**

**8:30 a.m. to 2:30 p.m.**

**Loffler Senior Center**

21905 Chancellors Run Road  
Great Mills, Maryland

**The FREE wellness program includes:**

- Health screenings
- Continental breakfast and lunch
- Featured programs on women's health issues and nutrition
- Health displays and useful educational materials
- Prescription Medicine Collection:  
The St. Mary's County Sheriff's Office will be accepting prescription and over-the-counter medications. Syringes, inhalers or drugs in aerosol canisters or chemotherapy drugs, either in IV or oral form, will not be accepted.

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

**Guest Speakers and Topics:**

- Angela Callandar, CRNP, with Shah Dermatology presents: *Do You Know Your A,B,C,D,Es? and Basic Skin Care*
- Elizabeth Holdsworth, LCSW-C with Hospice of St. Mary's presents: *Living Wills and Advance Directives*
- Tushar Samdani MD, MBBS, MS, DNB, MRCS, with MedStar Shah Medical Group presents: *Colon Health*
- Angela Cochran, MS, RCEP presents: *Chair Yoga and Breathing Exercises*
- Angela L. Borger, DNP, CRNP, with MedStar Women's Specialty Center presents: *What You Should Know About Breast Cancer*

**Pre-registration is required. To register, call 301-475-6019 or visit [MedStarStMarys.org](http://MedStarStMarys.org) and select Classes and Events.**



**MedStar St. Mary's  
Hospital**

