

A Thoughtful Approach to

Women's Wellness

Saturday, Feb. 25, 2017

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. The following will not be accepted: syringes, inhalers or drugs in aerosol canisters or chemotherapy drugs, either in IV or oral form.

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

Topics and Guest Speakers:

- *Kidneys 101*: Quinton Lucas, MD, FAAFP
with MedStar St. Mary's Hospital Primary Care
- *Every Drop Counts: Staying Well Hydrated*:
Catherine Dowling, RDN, LDN
with MedStar St. Mary's Hospital
- *Seated Yoga for Better Breathers*: Baskar Jhaveri, MD
with MedStar Shah Medical Group
- *The Who, What, When, Where and Why on Incontinence*: Shaya Dawson, PT, DPT, Clinic Director with NRH Rehabilitation Network at Hollywood, and Jenna Holmes, PT, DPT, Certified Medical Diagnosis and Therapy, Rehab Clinical Lead with MedStar St. Mary's Hospital
- *The Aging Eye*: Amanda Richards Lakusta, MD
with MedStar Eye Physicians

Pre-registration is required.

To register, call 301-475-6019.



**MedStar St. Mary's
Hospital**



A Thoughtful Approach to

Women's Wellness

Saturday, Feb. 25, 2017

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. The following will not be accepted: syringes, inhalers or drugs in aerosol canisters or chemotherapy drugs, either in IV or oral form.

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



**MedStar St. Mary's
Hospital**

Topics and Guest Speakers

- *Kidneys 101*: Quinton Lucas, MD, FAAFP with MedStar St. Mary's Hospital Primary Care
- *Every Drop Counts: Staying Well Hydrated*: Catherine Dowling, RDN, LDN with MedStar St. Mary's Hospital
- *Seated Yoga for Better Breathers*: Baskar Jhaveri, MD with MedStar Shah Medical Group
- *The Who, What, When, Where and Why on Incontinence*: Shaya Dawson, PT, DPT, Clinic Director with NRH Rehabilitation Network at Hollywood, and Jenna Holmes, PT, DPT, Certified Medical Diagnosis and Therapy, Rehab Clinical Lead with MedStar St. Mary's Hospital
- *The Aging Eye*: Amanda Richards Lakusta, MD with MedStar Eye Physicians

Pre-registration is required.

To register, call 301-475-6019.

