

A thoughtful
approach to

Women's Wellness

Saturday, Feb. 8

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

James A. Forrest Career & Technology Center

24005 Point Lookout Road, Leonardtown, Maryland

This FREE wellness program includes:

- Educational presentations focusing on health and wellness
- Health displays and useful educational materials
- Health screenings
- Continental breakfast and lunch
- 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.

Guest Speakers from:

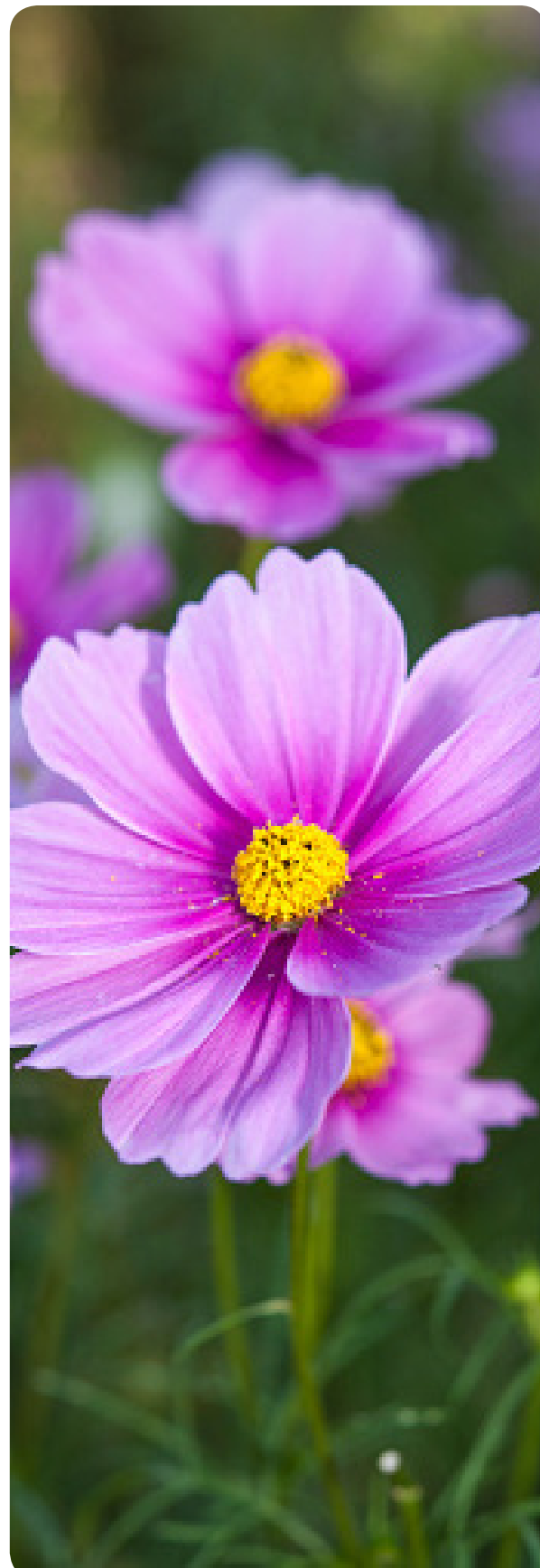
- MedStar St. Mary's Hospital
- MedStar Georgetown Orthopaedic Institute
- MedStar Health
- Hospice of St. Mary's

Topics Include:

- Breast health
- Osteoporosis
- Diabetes
- Grief and more!

Pre-registration is required.
Call **301-475-6019** to register.

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



MedStar Health