

A thoughtful
approach to

Women's Wellness

Saturday, March 11

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

Light breakfast and lunch served

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

Guest speakers from:

- MedStar Medical Group
Women's Health at
Leonardtown
- MedStar St. Mary's Hospital
- Hospice of St. Mary's
- MedStar Heart & Vascular
Institute

Topics include:

- Stroke
- Women's GYN health
as we age
- Nutrition
- Hospice care, and more!

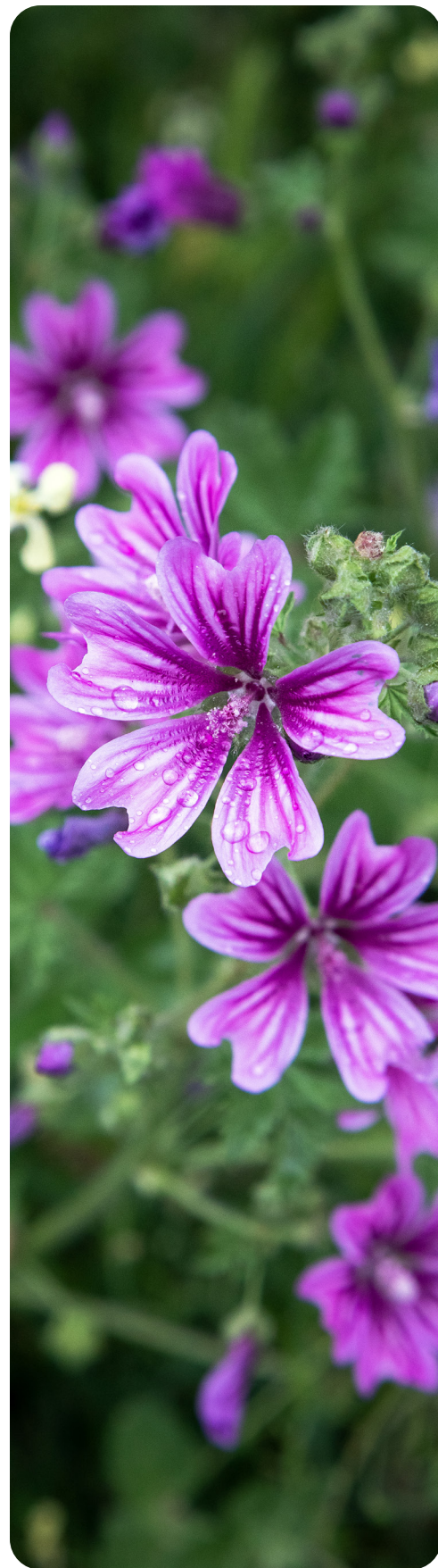
Prescription Medicine Collection:

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, drugs in aerosol canisters, or chemotherapy drugs, either in IV or oral form.

Registration is required.
Call **301-475-6019** or scan this
QR code to register online >>



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



MedStar Health