

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**

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

