

HEALTH & WELLNESS MINISTRY ANNOUNCEMENTS & ACTIVITIES

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1) DROP-IN GRIEF SUPPORT GROUP (Presented by Hospice)

1st Wednesday of the month from 10:00 – 11:00 a.m. and 3rd Wednesday of the month from 5:00 – 6:00 p.m. The Space - 96 Central Square Drive, Prince Frederick – Free - Pre-registration: Not required. For questions about the Drop-In Support Group, contact Tessa Washington at 410-535-0892 ext. 2201 twashington@calverthospice.org

**2) MOBILE HEALTH UNIT:
at SJV Food Pantry : TBD**

Other Locations:

May 22 from 11:00 a.m. to 1: 00p.m. - Silverwood Community Center (100 Running Brook Way)

3) Diabetes Support Group – FREE – Just show up – Led by a Dietician

Third Thursday of the Month of May, September, October, November from 7 p.m. to 8 p.m. Calvert Health Medical Center/Hospital Classroom 1 and 2. Call 410.414.4783 for more information

4) FREE – Vascular Screening

Recommended for individuals over age 50 with any other the following risk factors: smoking, high blood pressure, obesity, diabetes, high cholesterol, and family history of cardiovascular disease. Appointments occur at Calvert Health Hospital at 8:45 a.m. on Monday's through Friday's with appointments only. Please contact Tammy Russel at 410.414.4539 to schedule an appointment

5) After mass BP screening and health information table and sign-ups every third weekend of the month.

6) YOGA STYLE STRECTH & EXERCISE Tuesday's, 6:30 – 7:30 pm, and Thursday's, 7:00 – 8:00 pm in the Columbus Room in the basement of the church with instructors Dave and Lisa Morgan. **NO FEE.**

7) PICKLEBALL Tuesdays 10:00 am – Noon at the Family Life Center

8) WALKING GROUPS: NO FEE.

(1) Mondays 10:30 – 11:00 am , at Anne Marie Gardens in Dowell - Contact Carol Santivaci at 410-586-2995 or email carolsantivasci@hotmail.com.

(2) Wednesdays Noon – 12:30 pm. Meet at the Parish Center Entrance. Thomas Voegtli – group leader. Just show up.

(3) Hike on your own - Hike at your own leisure at the best time for you Parker Creek Trail Head next to the Family Life Center

9) FREE Physical Fitness Program for individuals Age 50+ at Calvert Pines Center

Walk to the Beat half hour walking program - Monday, Wednesday, Friday 9:30a.m.to 10:00a.m. More information available at www.co.cal.md.us – search for “Bimonthly Newsletter” or pick up a copy at the Dares Beach location. Phone 410.535.4606