

# FREE CLASSES!

## Available in English & Spanish

**Where:** Calvert County Health Department  
975 Solomons Island Rd, Prince Frederick, MD 20678

**When:** 1<sup>st</sup> Tuesday of each month- English  
2nd & 4th Tuesday of each month - Spanish

**Time: 9 am to 12 noon**

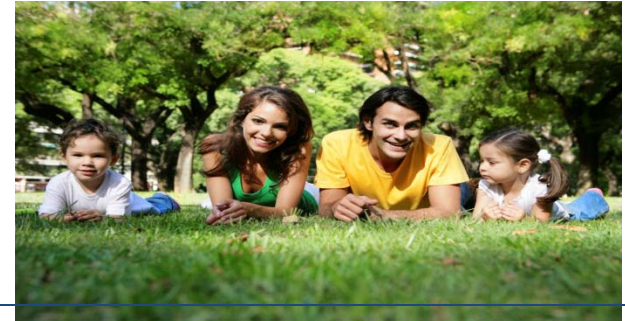
**9-10 Meet with a Maternal-Child Nurse**  
(*translator available for the Spanish classes*)

**10-11 Class** (*see schedule*)

**11-12 Latinos: Receive help from a  
Translator to make doctor appointments**

**Questions?** Call Penny Goodenough RN, BSN  
Supervisor Maternal-Child Health @  
**410-535-5400 or 301-855-1353 Ext 400**

Spanish line available- please leave message  
Web site: [calverthealth.org](http://calverthealth.org)



- 1/24/12 **Immunizations** (Spanish)
- 2/7/12 **\*How to have a Healthy Pregnancy\***
- 2/14/12 **Germs & Flu** (Spanish)
- 2/28/12 **Emergency Preparedness** (Spanish)
- 3/6/12 **\*What to do when You're Having a Baby\***
- 3/13/12 **Stress Reduction** (Spanish)
- 3/27/12 **Ask me Three** (Spanish)
- 4/3/12 **\*What to do When Your Child  
Gets Sick\***
- 4/10/12 **Asthma** (Spanish)
- 4/24/12 **Eating Healthy on a Budget** (Spanish)
- 5/01/12 **\*Dental Health\***
- 5/08/12 **Lead Poisoning** (Spanish)
- 5/22/12 **Summer Safety** (Spanish)
- 6/05/12 **\*Summer Safety\***  
\* *Classes taught in English*