

5th Women's Health EXPO

FREE!



Join us for fun, prizes, health education & screenings!

Sponsored by the Calvert County Commission for Women, CalvertHealth, the Calvert County Health Department and the College of Southern Maryland.

When: Saturday, May 19, 2018, 9:30 a.m.-12:30 p.m.

Where: College of Southern Maryland, Building B.

115 J.W. Williams Rd, Prince Frederick, MD 20678

PRESENTATIONS

Speaker: Sonia Hinds, APRN-BC, RPT,

Founder and Director of Barstow Acres Children's Center

Time: 10:30 a.m.-11 a.m.

Topic: Mental health issues facing teens today

Speaker: Laurence Polsky, MD, MPH, F.A.C.O.G.,

Director Calvert County Health Department

Time: 11-11:15 a.m.

Topic: Behavioral Health program & teen depression

Speaker: Amy Szataneck, LCSW,

Director Patient and Family Services, Calvert Hospice

Time: 11:30 a.m.-noon

Topic: Caregiving for ill children, spouses and parents

This event will cater to all women by featuring:

- ✓ Food Demos
- ✓ Education Displays
- ✓ Dental Screenings
- ✓ Healthy Eating Demonstrations
- ✓ Blood Pressure Screenings
- ✓ Behavioral Health
- ✓ Fitness Demos
- ✓ Skin Cancer Screenings
- ✓ Hearing Screenings
- ✓ Body Fat Screenings
- ✓ Vein Screenings
- ✓ Lung Cancer Screenings

