

# 3rd Women's Health EXPO

FREE!



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

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

**When:** Saturday, May 14, 2016, 9 a.m. to 1 p.m.

**Where:** College of Southern Maryland, Building B  
115 J. W. Williams Rd., Prince Frederick, MD 20678

## PRESENTATIONS

**Speaker:** Karen Mohn, *CMH Registered Dietitian*

**Time:** 9:15 - 9:45 a.m.

**Topic:** "Food Becomes You"

**Speaker:** Suzanne G. Haynes, Ph.D.

*Senior Science Advisor at the Office on Women's Health  
U.S. Department of Health and Human Services*

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

**Topic:** "The New Breast Cancer Screening Guidelines"

***This event will cater to all women of Calvert County with:***

- ✓ Food Demos
- ✓ Education Displays
- ✓ Dental Screenings
- ✓ Healthy Eating Demonstrations
- ✓ Exercise Demonstrations
- ✓ Blood Pressure Screenings
- ✓ Breast Exams
- ✓ Osteoporosis
- ✓ Fitness Demo
- ✓ Skin Cancer Screenings
- ✓ Hearing Screenings
- ✓ Cholesterol/Glucose
- ✓ Body Fat Screenings
- ✓ Vein Screenings

