

# Men's Health Day: A Blueprint for Wellness

The Department of Aging & Human Services  
is pleased to offer the second annual

## Men's Health Day: A Blueprint for Wellness!

Garvey Senior Activity Center  
23630 Hayden Farm Lane - Leonardtown, MD  
Saturday, June 3, 2023

9 a.m.-1 p.m.

*Pre-Registration is strongly encouraged.*

Register at [www.stmaryscountymd.gov/aging/MensHealth](http://www.stmaryscountymd.gov/aging/MensHealth)

### Presentations

**You Are What You Eat - Nutrition Forum**  
Presented by: Rihana Bouhoussein & Kelly Condron

9:30-10:30 a.m.

**The Care and Keeping of YOU: The Importance of Self Care**

Presented by: Theron Hudson

St. Mary's County Department of Aging & Human Services

11 a.m.-12 p.m.

*Lunch provided by Mission BBQ - 12:30 p.m.*

### Informational Displays & Health Screenings include:

St. Mary's County Recreation & Parks

MedStar St. Mary's Hospital - *Blood Pressure and Body Composition Screenings*

Lions Club - *Vision Screenings*

St. Mary's County Health Department

Seedco

UnitedHealthcare

Personalized Therapy, LLC

Marquis Health

**Thank you to our generous event sponsor:**



For more information, contact Sarah Miller

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