



**ST. MARY'S COUNTY GOVERNMENT**  
**PUBLIC INFORMATION OFFICE**

Jenna Guzman, Communications Director

SMCG TV 95 Station Manager

Media Inquiries: 301-475-4200, ext. 1342, or [PIO@stmaryscountymd.gov](mailto:PIO@stmaryscountymd.gov)

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**NEWS RELEASE** *for Immediate Release*

**No. 2026 – 104**

**May 4, 2026, 11 a.m.**

**Annual Men's Health Day Announced: Free Screenings, Info & More!**

**LEONARDTOWN, MD** – St. Mary's County Government's Department of Aging & Human Services (DAHS) invites the community to join in celebrating Men's Health Month this June at the 5<sup>th</sup> annual **Men's Health Day: A Blueprint for Wellness!**

This **free community event** will be held on **Saturday, June 6, 2026, from 9 a.m. – 1 p.m.** at the **Garvey Senior Activity Center**, located at 23630 Hayden Farm Lane in Leonardtown. Doors open at 8:30 a.m. This year's presentations include:

**Promoting Prostate Health**

Presented by: Hillary McDonald, PA-C, Chesapeake Urology Associates

9:30 – 10:30 a.m.

**Break Up with Excess Sodium**

Presented by: Rihana Bouhoussein, MedStar St. Mary's Hospital

10:45 a.m. – 11:45 a.m.

Along with the guest speakers, Men's Health Day will feature informational displays, health screenings, and opportunities for men and their families to connect with local resources. Women – including wives, partners, and other supporters – are encouraged to attend as well, as family support often plays an important role in helping men to prioritize their health and well-being. Lunch will be provided for all participants by Mission BBQ.

This event is free and open to the public! **Pre-registration for this event is strongly encouraged.** To register, visit: [www.stmaryscountymd.gov/MensHealth](http://www.stmaryscountymd.gov/MensHealth).

For more information, please contact the Department of Aging & Human Services Community Programs & Outreach Division Manager, Nicoletta Pollice at (301) 475-4200, ext. 1074, or via email to [Nicoletta.Pollice@stmaryscountymd.gov](mailto:Nicoletta.Pollice@stmaryscountymd.gov).

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