



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

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**NEWS RELEASE** *for Immediate Release*

**No. 2023 – 070**

**May 8, 2023, 9 a.m.**

**Annual Men's Health Day: Free Screenings, Nutrition Speaker & More!**

**LEONARDTOWN, MD** – The St. Mary's County Department of Aging & Human Services is pleased to announce the **2<sup>nd</sup> Annual Men's Health Day** event will be held on **Saturday, June 3, 2023 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:

**You Are What You Eat - Nutrition Forum**

- Presented by: Rihana Bouhoussein & Kelly Condron
- St. Mary's County Health Department & MedStar St. Mary's Hospital
- 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.

Along with the guest speakers, Men's Health Day will feature informational displays, health screenings, and lunch provided by Mission BBQ.

Many thanks to our generous event sponsor – Personalized Therapy, LLC!

**This event is free to attend; however, pre-registration for this event is strongly encouraged.**

To register, please visit: [stmaryscountymd.gov/menshealth](https://stmaryscountymd.gov/menshealth).

For more information, contact the St. Mary's County Department of Aging & Human Services Community Programs & Outreach Division Manager, Sarah Miller at (301) 475-4200, ext. 1073, or [sarah.miller@stmaryscountymd.gov](mailto:sarah.miller@stmaryscountymd.gov).

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