



ST. MARY'S COUNTY GOVERNMENT
PUBLIC INFORMATION OFFICE

Media Inquiries:
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COMMISSIONERS OF ST. MARY'S COUNTY

James R. Guy, President
Mike Alderson, Jr., Commissioner
Eric S. Colvin, Commissioner
Michael L. Hewitt, Commissioner
Scott R. Ostrow, Commissioner

NEWS RELEASE *for Immediate Release*

No. 2026 – 176

September 8, 2026, 9 a.m.

Free Community Health & Wellness Fair to be Held on Friday, Oct. 9

LEONARDTOWN, MD – It's that time of year again! The **2026 Community Health & Wellness Fair**, hosted by St. Mary's County Government's Department of Aging & Human Services, will be held on Friday, October 9, 2026, from 9 a.m. to 3:30 p.m., at the University of Maryland Southern – Maryland, located at 44219 Airport Road in California, MD.

This year's screenings will include body composition, glucose, skin cancer, hearing, vision, and blood pressure, and fall and balance prevention. The Pharmacy at PJ Bean will be providing vaccinations for flu, shingles, pneumonia, tetanus, diphtheria, whooping cough, and COVID. Bring your insurance card, all insurance providers are accepted!

Two sessions of *Flex & Flow: Resistance Band Stretching* will be offered by Club Pilates. Each identical session will feature 15 minutes of gentle stretching using resistance bands

The St. Mary's County Sheriff's Office and St. Mary's County Health Department will be on-site to collect medications, including diabetic supplies such as needles, lancets, and EpiPens.

Presentations this year include:

Estate Planning & Trusts (9:30 a.m.)

Presented by: Brian Ritter, Esq. Ritter Elder Law & Estate Planning

Happy Feet, Healthy Skin: Tips for Diabetic-Friendly Skin Care (10:45 a.m.)

Presented by: Joy Johnson., Nails & Faces of Joy

Eat Well, Think Well: Discover the MIND Diet (2:00 p.m.)

Presented by: Donna Taggert R.D.

– MORE –

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The St. Mary's County Department of Aging & Human Services thanks the many sponsors that support this event, including The Pharmacy at PJ Bean, Morningside House of St. Charles, Cedar Lane Senior Living Community, St. Mary's County Recreation and Parks – Museum Division, CareFirst BlueCross BlueShield, and Charlotte Hall Veterans Home.

Want to skip the registration line? Register online at: www.stmaryscountymd.gov/healthfair!
Online registrants will be eligible for a special prize! Online registration closes at 12 p.m. on Thursday, October 8.

This event is free and open to the public. For more information, contact Nicoletta Pollice, Community Programs & Outreach Division Manager, at (301) 475-4200, ext. 1074, or email nicoletta.pollice@stmaryscountymd.gov.

For more information, please visit www.stmaryscountymd.gov or follow St. Mary's County Government on [Facebook](#), [X](#), and [Instagram](#) for regular updates.

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