

Start Your Year Off Right!

Do you want to lose weight?

Do you suffer from high blood pressure or diabetes?

**The Office on Aging offers health pros
to help you reach your goals!**

Available to anyone 50 years or older.

**FREE
SERVICES**



Heart360™

North Beach Senior Center

410-257-2549

Health Coach, Melinda Gaines - Thursdays, 9 - 11 a.m.

Registered Nurse - 1st and 3rd Tuesday, 10 a.m. - 12 p.m.

Registered Dietician - 2nd Tuesday, 10 a.m. - 12 p.m.

Physical Therapist - 4th Tuesday, 10 a.m. - 12 p.m.



Southern Pines Senior Center

410-586-2748

Health Coach, Melinda Gaines - Wednesdays, 8:30 - 10:30 a.m.

Registered Nurse - 1st and 3rd Tuesday, 10 a.m. - 12 p.m.

Physical Therapist - 2nd Tuesday, 10 a.m. - 12 p.m.

Registered Dietician - 4th Tuesday, 10 a.m. - 12 p.m.



Calvert Pines Senior Center

410-535-4606 or 301-855-1170

Health Coach, Melinda Gaines - Wednesdays, 11:30 a.m. - 1:30 p.m.

Registered Nurse - 1st and 3rd Friday, 9:30 a.m. - 11:30 p.m.

Registered Dietician - 2nd Friday, 9:30 a.m. - 11:30 p.m.

Physical Therapist - 4th Friday, 9:30 a.m. - 11:30 p.m.



Appointments are encouraged but walk-ins are welcome.

Calvert County services are available to individuals with disabilities.