



ST. MARY'S COUNTY GOVERNMENT COMMISSIONERS OF ST. MARY'S COUNTY
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NEWS RELEASE *for Immediate Release*

No. 2024 – 071

April 16, 2024, 9 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 invites the community to join in celebrating Men's Health Month this June! Their annual **Men's Health Day** event will be held on **Saturday, June 1, 2024, 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 a.m. – 10:30 a.m.

Planning Ahead: Advance Health Care Directives, Hospice Services, and more!

- Presented by: Rachael Okun, LCSW-C, Hospice of St. Mary's County
- 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.

This event is free and open to the public; however, pre-registration for this event is strongly encouraged. To register, please visit: 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.

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