

DATE	TITLE	TIME	LOCATION
1/8/2016	Fitting in Fitness	12:00 - 1:00 PM	University of Maryland, College Park, MD, 1101 - U Chesapeake Building
1/13/2016	Fitting in Fitness	12:00 - 1:00 PM	Comptroller of Maryland, 90 Calvert Street, Annapolis, MD, 21401 - Assembly Room
1/13/2016	Fitting in Fitness	12:00 - 1:00 PM	Frostburg St. University, 101 Braddock Road, Frostburg, MD 21532 - LC 111
1/14/2016	Fitting in Fitness	12:00 - 1:00 PM	DHR, Saratoga State Center, 311 W. Saratoga Street, Baltimore, MD 21201 - Room 508 A, B & C
1/19/2016	Fitting in Fitness	12:00 - 1:00 PM	University of Maryland, Baltimore, 620 W. Lexington Street, Baltimore, MD, 21201 - 3rd floor room, 3-111
1/20/2016	Fitting in Fitness	11 AM - 11:30 AM	Univ of MD, Univ College, 3501 Univ Blvd E., Room 3001, Adelphi, MD 20783
1/26/2016	Fitting in Fitness	11 AM - 12:00 PM	Bowie State University, 14000 Jericho Park Road, Bowie, MD 20715 - Ballroom B
1/27/2016	Fitting in Fitness	12:00 - 1:00 PM	Allegany County Health Department, 12501 Willow Brook Rd, SE, Cumberland, MD 21502-Community Room
1/27/2016	Fittin in Fitness	12:00 - 12:30 PM	Univ of MD, Univ College, 1616 McCormick Drive, Room 1370, Upper Marlboro, MD 20774
1/29/2016	Fitting in Fitness	12:00 - 1:00 PM	Towson University, 8000 York Road, Towson, MD 21252 - University Union Loch Raven Room
2/9/2016	Heart Healthy Living	12:00 - 1:00 PM	University of Maryland, Baltimore, 620 W. Lexington Street, Baltimore, MD 21201 - 3rd floor room, 3-111
2/10/2016	Heart Disease Prevention	12:00 - 1:00 PM	Comptroller of Maryland, 90 Calvert Street, Annapolis, MD, 21401 - Assembly Room
2/10/2016	Heart Healthy Living	12:00 - 1:00 PM	Frostburg St. University, 101 Braddock Road, Frostburg, MD 21532 - LC 111
2/12/2016	Heart Healthy Living	12:00 - 1:00 PM	University of Maryland, College Park, MD - 2201 U Chesapeake Building
2/16/2016	Heart Healthy Living	11 AM - 12:00 PM	Bowie State University, 14000 Jericho Park Road, Bowie, MD 20715 - Ballroom B
2/17/2016	Heart Healthy Living	11 AM - 11:30 AM	Univ of MD, Univ College, 3501 Univ Blvd E., Room 3001, Adelphi, MD 20783
2/24/2026	Heart Healthy Living	12:00 - 12:30 PM	Univ of MD, Univ College, 1616 McCormick Drive, Room 1370, Upper Marlboro, MD 20774
2/24/2016	Heart Healthy Living	12:00 - 1:00 PM	Allegany County Health Department, 12501 Willow Brook Rd, SE, Cumberland, MD 21502-Community Room
2/26/2016	Heart Healthy Living	12:00 - 1:00 PM	Towson University, 8000 York Road, Towson, MD 21252 - University Union Loch Raven Room
3/9/2016	Healthy Meals in 30 Mins	12:00 - 1:00 PM	Comptroller of Maryland, 90 Calvert Street, Annapolis, MD, 21401 - Assembly Room
3/9/2016	Healthy Meals in 30 Mins	11 AM - 11:30 AM	Univ of MD, Univ College, 3501 Univ Blvd E., Room 4001, Adelphi, MD 20783
3/10/2016	Healthy Eating	12:00 - 1:00 PM	Frostburg St. University, 101 Braddock Road, Frostburg, MD 21532 - LC 111
3/10/2016	Healthy Meals in 30 Mins	11 AM - 12:00 PM	Bowie State University, 14000 Jericho Park Road, Bowie, MD 20715 - Ballroom B
3/11/2016	Healthy Meals in 30 Mins	12:00 - 1:00 PM	University of Maryland, College Park, MD - 1101 U Chesapeake Building
3/15/2016	Healthy Meals in 30 Mins	12:00 - 1:00 PM	University of Maryland, Baltimore, 620 W. Lexington Street, Baltimore, MD, 21201 - 3rd floor room, 3-111
3/16/2016	Healthy Meals in 30 Mins	12:00 - 12:30 PM	Univ of MD, Univ College, 1616 McCormick Drive, Room 1370, Upper Marlboro, MD 20774
3/16/2016	Healthy Eating	12:00 - 1:00 PM	MD Dept of the Environment, 1800 Washington Blvd, Baltimore, MD 21230, 410-537-3105 - Terra Room
3/17/2016	Healthy Eating	12:00 - 1:00 PM	DHR, Saratoga State Center, 311 W. Saratoga Street, Baltimore, MD 21201 - Room 508 A, B & C
3/23/2016	Healthy Meals in 30 Mins	12:00 - 1:00 PM	Allegany County Health Department, 12501 Willow Brook Rd, SE, Cumberland, MD 21502-Community Room
3/25/2016	Healthy Meals in 30 Mins	12:00 - 1:00 PM	Towson University, 8000 York Road, Towson, MD 21252 - University Union Loch Raven Room

4/5/2016	Back Health	11 AM - 12:00 PM	Bowie State University, 14000 Jericho Park Road, Bowie, MD 20715 - Ballroom B
4/8/2016	Back Health	12:00 - 1:00 PM	University of Maryland, College Park, MD -1101 U Chesapeake Building
4/12/2016	Back Health at Work	12:00 - 1:00 PM	University of Maryland, Baltimore, 620 W. Lexington Street, Baltimore, MD, 21201 - 3rd floor room, 3-111
4/13/2016	Back Health	12:00 - 1:00 PM	Frostburg St. University, 101 Braddock Road, Frostburg, MD 21532 - LC 111
4/13/2016	Back Health	12:00 - 1:00 PM	Comptroller of Maryland, 90 Calvert Street, Annapolis, MD, 21401 - Assembly Room
4/27/2016	Back Health	12:00 - 1:00 PM	Allegany County Health Department, 12501 Willow Brook Rd, SE-Cumberland, MD 21502, Community Room
5/6/2016	Physical & Emotional Impact of Stress	12:00 - 1:00 PM	Towson University, 8000 York Road, Towson, MD 21252 - West Village Commons, Ballroom C
5/10/2016	Physical & Emotional Impact of Stress	11 AM - 12:00 PM	Bowie State University, 14000 Jericho Park Road, Bowie, MD 20715 - Ballroom B
5/11/2016	Physical & Emotional Impact of Stress	12:00 - 1:00 PM	Frostburg St. University, 101 Braddock Road, Frostburg, MD 21532 - LC 111
5/11/2016	Physical & Emotional Impact of Stress	12:00 - 1:00 PM	Comptroller of Maryland, 90 Calvert Street, Annapolis, MD, 21401 - Assembly Room
5/13/2016	Physical & Emotional Impact of Stress	12:00 - 1:00 PM	University of Maryland, College Park, MD - 1101 U Chesapeake Building
5/19/2015	Physical & Emotional Impact of Stress	12:00 - 1:00 PM	DHR, Saratoga State Center, 311 W. Saratoga Street, Baltimore, MD 21201 - Room 508 A, B & C
5/25/2016	Physical & Emotional Impact of Stress	12:00 - 1:00 PM	Allegany County Health Department, 12501 Willow Brook Rd, SE, Cumberland, MD 21502-Community Room
6/7/2016	Men's Health Issues	11 AM - 12:00 PM	Bowie State University, 14000 Jericho Park Road, Bowie, MD 20715 - Ballroom B
6/8/2016	Men's Health Issues	12:00 - 1:00 PM	Comptroller of Maryland, 80 Calvert Street, Annapolis, MD 21401 - Assembly Room
6/9/2016	Men's Health Issues	12:00 - 1:00 PM	Frostburg St. University, 101 Braddock Road, Frostburg, MD 21532 - LC 111
6/10/2016	Men's Health Issues	12:00 - 1:00 PM	University of Maryland, College Park, MD -1101 U Chesapeake Building
6/22/2016	Men's Health Issues	12:00 - 1:00 PM	Allegany County Health Department, 12501 Willow Brook Rd, SE, Cumberland, MD 21502-Community Room
7/8/2016	Healthy Skin w/ Dermascan	12:00 - 1:00 PM	University of Maryland, College Park, MD -1101 U Chesapeake Building
7/13/2016	Healthy Skin w/ Dermascan	12:00 - 1:00 PM	Frostburg St. University, 101 Braddock Road, Frostburg, MD 21532 - LC 111
7/13/2016	Healthy Skin w/ Dermascan	12:00 - 1:00 PM	Comptroller of Maryland, 80 Calvert Street, Annapolis, MD 21401 - Assembly Room
7/14/2016	Healthy Skin w/ Dermascan	11 AM - 12:00 PM	Bowie State University, 14000 Jericho Park Road, Bowie, MD 20715 - Ballroom B
7/21/2016	Healthy Skin w/ Dermascan	12:00 - 1:00 PM	University of Maryland, Baltimore, 620 W. Lexington Street, Baltimore, MD, 21201 - 3rd floor room, 3-111
7/27/2015	Healthy Skin w/ Dermascan	12:00 - 1:00 PM	Allegany County Health Department, 12501 Willow Brook Rd, SE, Cumberland, MD 21502-Community Room
8/10/2016	Understanding Depression	12:00 - 1:00 PM	Comptroller of Maryland, 80 Calvert Street, Annapolis, MD 21401 - Assembly Room
8/11/2016	Understanding Depression	11 AM - 12:00 PM	Bowie State University, 14000 Jericho Park Road, Bowie, MD 20715 - Ballroom B
8/11/2016	Understanding Depression	12:00 - 1:00 PM	Frostburg St. University, 101 Braddock Road, Frostburg, MD 21532 - LC 111
8/12/2016	Understanding Depression	12:00 - 1:00 PM	University of Maryland, College Park, MD -1101 U Chesapeake Building
8/24/2016	Understanding Depression	12:00 - 1:00 PM	Allegany County Health Department, 12501 Willow Brook Rd, SE, Cumberland, MD 21502-Community Room
9/8/2016	Adding Nutrients the Delicious Way	12:00 - 1:00 PM	Frostburg St. University, 101 Braddock Road, Frostburg, MD 21532 - LC 111

9/9/2016	Adding Nutrients the Delicious Way	12:00 - 1:00 PM	Towson University, 8000 York Road, Towson, MD 21252 - University Union, Loch Raven Room
9/9/2016	Adding Nutrients the Delicious Way	12:00 - 1:00 PM	University of Maryland, College Park, MD -1101 U Chesapeake Building
9/14/2016	Adding Nutrients the Delicious Way	12:00 - 1:00 PM	Comptroller of Maryland, 80 Calvert Street, Annapolis, MD 21401 - Assembly Room
9/15/2016	Adding Nutrients the Delicious Way	11 AM - 12:00 PM	Bowie State University, 14000 Jericho Park Road, Bowie, MD 20715 - Ballroom B
9/22/2016	Adding Nutrients the Delicious Way	12:00 - 1:00 PM	DHR, Saratoga State Center, 311 W. Saratoga Street, Baltimore, MD 21201 - Room 508 A, B & C
9/27/2016	Adding Nutrients the Delicious Way	12:00 - 1:00 PM	University of Maryland, Baltimore, 620 W. Lexington Street, Baltimore, MD, 21201 - 3rd floor room, 3-111
9/28/2016	Adding Nutrients the Delicious Way	12:00 - 1:00 PM	Allegany County Health Department, 12501 Willow Brook Rd, SE, Cumberland, MD 21502-Community Room
10/7/2016	Women's Health Issues	12:00 - 1:00 PM	Towson University, 8000 York Road, Towson, MD 21252 - University Union, Loch Raven Room
10/11/2016	Women's Health Issues	12:00 - 1:00 PM	University of Maryland, Baltimore, 620 W. Lexington Street, Baltimore, MD, 21201 - 3rd floor room, 3-111
10/11/2016	Women's Health Issues	11 AM - 12:00 PM	Bowie State University, 14000 Jericho Park Road, Bowie, MD 20715 - Ballroom B
10/12/2016	Women's Health Issues	12:00 - 1:00 PM	Comptroller of Maryland, 80 Calvert Street, Annapolis, MD 21401 - Assembly Room
10/14/2016	Women's Health Issues	12:00 - 1:00 PM	University of Maryland, College Park, MD -1101 U Chesapeake Building
10/20/2016	Women's Health Issues	12:00 - 1:00 PM	DHR, Saratoga State Center, 311 W. Saratoga Street, Baltimore, MD 21201 - Room 508 A, B & C
10/26/2016	Women's Health Issues	12:00 - 1:00 PM	Allegany County Health Department, 12501 Willow Brook Rd, SE, Cumberland, MD 21502-Community Room
11/8/2016	Diabetes Awareness & Prevention	12:00 - 1:00 PM	University of Maryland, Baltimore, 620 W. Lexington Street, Baltimore, MD, 21201 - 3rd floor room, 3-111
11/11/2016	Diabetes Awareness & Prevention	12:00 - 1:00 PM	University of Maryland, College Park, MD -1101 U Chesapeake Building
11/15/2016	Maintain, Don't Gain During Holidays	12:00 - 1:00 PM	University of Maryland, Baltimore, 620 W. Lexington Street, Baltimore, MD, 21201 - 3rd floor room, 3-111
11/15/2016	Diabetes Awareness & Prevention	11 AM - 12:00 PM	Bowie State University, 14000 Jericho Park Road, Bowie, MD 20715 - Ballroom B
11/16/2016	Diabetes Awareness & Prevention	12:00 - 1:00 PM	Comptroller of Maryland, 80 Calvert Street, Annapolis, MD 21401 - Assembly Room
11/17/2015	Diabetes Awareness & Prevention	12:00 - 1:00 PM	DHR, Saratoga State Center, 311 W. Saratoga Street, Baltimore, MD 21201 - Room 508 A, B & C
11/23/2015	Diabetes Awareness & Prevention	12:00 - 1:00 PM	Allegany County Health Department, 12501 Willow Brook Rd, SE, Cumberland, MD 21502-Community Room
12/6/2016	Healthy (and Happy) Holiday Eating	11 AM - 12:00 PM	Bowie State University, 14000 Jericho Park Road, Bowie, MD 20715 - Ballroom B
12/9/2016	Healthy (and Happy) Holiday Eating	12:00 - 1:00 PM	University of Maryland, College Park, MD -1101 U Chesapeake Building
12/14/2016	Maintain, Don't Gain, During the Holidays	12:00 - 1:00 PM	Comptroller of Maryland, 80 Calvert Street, Annapolis, MD 21401 - Assembly Room
12/20/2016	Dealing with Stress During the Holidays	12:00 - 1:00 PM	Allegany County Health Department, 12501 Willow Brook Rd, SE, Cumberland, MD 21502-Community Room