

DATE	TIME	SEMINAR	LOCATION	CONTACT PERSON
9/7/16	2pm – 3pm	Adding Nutrients the Delicious Way	DPSCS 6776 Reisterstown Road, Baltimore MD	Brenda Miller Brendas.miller@maryland.gov 410-704-6018
9/8/16	12pm – 1pm	Adding Nutrients the Delicious Way	Frostburg State University Room LC 111 101 Braddock Road Frostburg, MD	Lee Ann Nightingale lnightingale@frostburg.edu 301-687-4393
9/9/16	12pm – 1pm	Adding Nutrients the Delicious Way	Towson University Loch Raven Room 8000 York Road Towson, MD	Donna Yeagle dyeagle@towson.edu 410-704-6018
9/9/16	12pm – 1pm	Adding Nutrients the Delicious Way	University of Maryland College Park 1101 U Chesapeake Bldg College Park, MD	Stacy Sims ssims@umd.edu 301-405-5657
9/14/16	12pm – 1pm	Adding Nutrients the Delicious Way	Comptroller of Maryland Assembly Room 80 Calvert Street Annapolis, MD	Amber Blose ablose@comp.state.md.us 410-260-7613
9/15/16	11am – 12pm	Adding Nutrients the Delicious Way	Bowie State University 14000 Jericho Park Road Bowie, MD	Robdeshia Jamison rojamison@bowiestate.edu 301-860-3452
9/15/16	12pm – 1pm	Adding Nutrients the Delicious Way	MD DOE Aeris Aqua Room 1800 Washington Blvd Baltimore, MD	Cindy Szczesniak Cindy.szczesniak@maryland.gov 301-537-3100
9/16/16	9am – 10am	Adding Nutrients the Delicious Way	EBD/DBM 6 th Floor Conference Room 301 W. Preston Street Baltimore, MD	Brenda Salas Brenda.salas@maryland.gov 410-767-2981

9/20/16	12pm – 1pm	Sleep: Wake Up to Good Health	Legal Aid bureau 2 nd Floor Board Room 500 East Lexington Street Baltimore, MD	Linda Brooks lbrooks@mdlab.org 410-951-7718
9/21/16	12pm – 1pm	Adding Nutrients the Delicious Way	Howard County Health Dept. 8930 Stanford Blvd. Columbia, MD	Veronica Michie 410-313-6361
9/21/16	11am – 12pm	Adding Nutrients the Delicious Way	Baltimore City Community College Gaare Auditorium 2901 Liberty Heights Ave Baltimore, MD	Anna Rutah arutah@bcc.edu 410-209-6002
9/22/16	12pm – 1pm	Adding Nutrients the Delicious Way	DHR Room 508 A,B & C 311 W. Saratoga Street Baltimore, MD	Larry Glose Larry.glose@maryland.gov 410-767-6959
9/22/16	12pm – 1pm	Sleep: Wake Up to Good Health	Legal Aid bureau 2 nd Floor Board Room 500 East Lexington Street Baltimore, MD	Linda Brooks lbrooks@mdlab.org 410-951-7718
9/27/16	12pm – 1pm	Adding Nutrients the Delicious Way	University of Maryland, Baltimore Room 3-111 620 W. Lexington Street Baltimore, MD	Peggy Vest Peggy.vest@umaryland.edu 410-706-2616
9/27/16	12pm – 1pm	Diabetes Awareness and Prevention	Legal Aid bureau 2 nd Floor Board Room 500 East Lexington Street Baltimore, MD	Linda Brooks lbrooks@mdlab.org 410-951-7718

9/28/16	12pm – 1pm	Healthy Eating	Frederick County Health Department Auditorium 350 Montevue Lane Frederick, MD	Meghan Wiley mwiley@frederickcountymd.gov 301-600-3128
9/29/16	12pm – 1pm	Diabetes Awareness and Prevention	Legal Aid bureau 2 nd Floor Board Room 500 East Lexington Street Baltimore, MD	Linda Brooks lbrooks@mdlab.org 410-951-7718
9/30/16	12pm – 1pm	Adding Nutrients the Delicious Way	Frederick County Dept of Social Services Room 2B 100 East All Saints Street Frederick, MD	Mark Wilson Mark.Wilson@maryland.gov 301-600-4561

DATE	TIME	SEMINAR	LOCATION	CONTACT PERSON
10/5/16	2pm – 3pm	Women’s Health Issues	DPSCS 6776 Reisterstown Road, Baltimore MD	Brenda Miller Brendas.miller@maryland.gov 410-704-6018
10/6/16	12pm – 1pm	Women’s Health Issues	MD DOE Aeris Aqua Room 1800 Washington Blvd Baltimore, MD	Cindy Szczesniak Cindy.szczesniak@maryland.gov 301-537-3100
10/7/16	12pm – 1pm	Women’s Health Issues	Towson University 8000 York Road, University Union, Loch Raven Room Towson, MD	Donna Yeagle dyeagle@towson.edu 410-704-6018
10/7/16	12pm – 1pm	Women’s Health issues	University of Maryland, College Park 1101 U Chesapeake Bldg College Park, MD	Stacy Sims ssims@umd.edu 301-405-5657
10/11/16	11am – 12pm	Women’s Health Issues	Bowie State University 14000 Jericho Park Road Bowie, MD	Robdeshia Jamison rojamison@bowiestate.edu 301-860-3452
10/11/16	12pm – 1pm	Women’s Health Issues	University of Maryland, Baltimore Room 3-111 620 W. Lexington Street Baltimore, MD	Peggy Vest Peggy.vest@umaryland.edu 410-706-2616
10/12/16	12pm – 1pm	Women’s Health Issues	Baltimore City Community College Gaare Auditorium 2901 Liberty Heights Ave Baltimore, MD	Anna Rutah arutah@bccc.edu 410-209-6002
10/12/16	12pm – 1pm	Women’s Health Issues	Comptroller of Maryland Assembly Room 80 Calvert Street Annapolis, MD	Amber Blose ablose@comp.state.md.us 410-260-7613

10/14/16	9am – 10am	Women's Health Issues	EBD/DBM 6 th Floor Conference Room 301 W. Preston Street Baltimore, MD	Brenda Salas Brenda.salas@maryland.gov 410-767-2981
10/14/16	12pm – 1pm	Women's Health Issues	University of Maryland College Park 1101 U Chesapeake Bldg College Park, MD	Stacy Sims ssims@umd.edu 301-405-5657
10/18/16	12pm – 1pm	Healthy Meals in 30 Minutes	Key Point Health Services 135 N. Parke Street Aberdeen, MD	Amanda Weber Amanda.weber@keypoint.org 410-337-6867
10/20/16	12pm – 1pm	Women's Health Issues	DHR Room 508 A,B & C 311 W. Saratoga Street Baltimore, MD	Larry Glose Larry.glose@maryland.gov 410-767-6959
10/25/16	12pm – 1pm	Women's Health Issues	Frederick County Dept of Social Services Room 2B 100 East All Saints Street Frederick, MD	Mark Wilson Mark.Wilson@maryland.gov 301-600-4561
10/28/16	12pm – 1pm	Physical and Emotional Impact of Stress	Frederick County Health Department Auditorium 350 Montevue Lane Frederick, MD	Meghan Wiley mwiley@frederickcountymd.gov 301-600-3128

DATE	TIME	SEMINAR	LOCATION	CONTACT PERSON
11/2/16	2pm – 3pm	Diabetes Awareness & Prevention	DPSCS 6776 Reisterstown Road Baltimore, MD	Brenda Miller Brendas.miller@maryland.gov 410-585-3563
11/3/16	12pm – 1pm	Diabetes Awareness & Prevention	MD DOE Aeris Aqua Room 1800 Washington Blvd Baltimore, MD	Cindy Szczesniak Cindy.szczesniak@maryland.gov 301-537-3100
11/4/16	9am – 10am	Diabetes Awareness & Prevention	EBD/DBM 6 th Floor Conference Room 301 W. Preston Street Baltimore, MD	Brenda Salas Brenda.salas@maryland.gov 410-767-2981
11/8/16	12pm – 1pm	Diabetes Awareness & Prevention	University of Maryland, Baltimore Room 3-111 620 W. Lexington Street Baltimore, MD	Peggy Vest Peggy.vest@umaryland.edu 301-537-3100
11/8/16	12pm – 1pm	Back Health at Work	KeyPoint Health Services Large Conference Room 1001 Cromwell Bridge Road Suite 100 Towson, MD	Amanda Weber Amanda.weber@keypoint.org 410-337-6867
11/9/16	2pm – 3pm	Maintain, Don't Gain, During the Holidays	DPSCS 6776 Reisterstown Road Baltimore, MD	Brenda Miller Brendas.miller@maryland.gov 410-585-3563
11/9/16	12pm – 1pm	Diabetes Awareness & Prevention	Baltimore City Community College Gaare Auditorium 2901 Liberty Heights Ave Baltimore, MD	Anna Rutah arutah@bcc.edu 410-209-6002

11/10/16	12pm – 1 pm And 1pm – 2pm (2 seminars)	Back Health at Work	MVA 6601 Ritchie Highway NE Baltimore, MD	Patti Rubin prubin@mdot.state.md.us 410-787-2986
11/14/16	10am – 11am	Women’s Health Issues	MD Office of Administrative Hearings Training Room 11101 Gilroy road Hunt Valley, MD	Janet Cora Janet.cora1@maryland.gov 410-229-4115
11/15/16	11am – 12pm	Diabetes Awareness & Prevention	Bowie State University 14000 Jericho Park Road Bowie, MD	Robdeshia Jamison rojamison@bowiestate.edu 301-860-3452
11/15/16	12pm – 1pm	Maintain, Don’t Gain, During the Holidays	University of Maryland, Baltimore Room 3-111 620 W. Lexington Street Baltimore, MD	Peggy Vest Peggy.vest@umaryland.edu 410-706-2616
11/16/16	12pm – 1pm	Diabetes Awareness & Prevention	Comptroller of Maryland Assembly Room 80 Calvert Street Annapolis, MD	Amber Blose ablose@comp.state.md.us 410-260-7613
11/16/16	1pm – 1:30pm and 1:30 – 2:00pm (2 seminars)	Maintain, Don’t Gain During the Holidays	Dept of Public Safety & Correction Services 6776 Reisterstown Road Baltimore, MD	Brenda Miller Brendas.miller@maryland.gov 410-585-3563
11/17/16	12pm – 1pm	Diabetes Awareness & Prevention	DHR Room 508 A,B & C 311 W. Saratoga Street Baltimore, MD	Larry Glose Larry.glose@maryland.gov 410-767-6959

11/23/16	12pm – 1pm	Diabetes Awareness & Prevention	Frederick County Dept of Social Services Room 2B 100 East All Saints Street Frederick, MD	Mark Wilson Mark.Wilson@maryland.gov 301-600-4561
11/28/16	10am – 11am	Physical and Emotional Impact of Stress	MD Office of Administrative Hearings Training Room 11101 Gilroy road Hunt Valley, MD	Janet Cora Janet.cora1@maryland.gov 410-229-4115

DATE	TIME	SEMINAR	LOCATION	CONTACT PERSON
12/1/16	12pm – 1pm 1pm – 2pm (2 sessions)	Emotional Eating	MVA 6601 Ritchie Hwy, NE Baltimore, MD	Patti Rubin prubin@mdot.state.md.us 410-787-2986
12/6/16	11am – 12pm	Healthy and Happy Holiday Eating	Bowie State University 14000 Jericho Park Road Bowie, MD	Robdeshia Jamison rojamison@bowiestate.edu 301-860-3452
12/7/16	11am – 12pm	Healthy and Happy Holiday Eating	Baltimore City Community College Gaare Auditorium 2901 Liberty Heights Ave Baltimore, MD	Anna Rutah arutah@bcc.edu 410-209-6002
12/7/16	1pm – 1:30pm 1:30pm – 2pm (2 sessions)	Healthy and Happy Holiday Eating	DPSCS 6776 Reisterstown Road Baltimore, MD	Brenda Miller Brendas.miller@maryland.gov 410-585-3563
12/8/16	12pm – 1pm	Healthy and Happy Holiday Eating	MD DOE Aeris Aqua Room 1800 Washington Blvd Baltimore, MD	Cindy Szczesniak Cindy.szczesniak@maryland.gov 301-537-3100
12/9/16	9am – 10am	Healthy and Happy Holiday Eating	EBD/DBM 6 th Floor Conference Room 301 W. Preston Street Baltimore, MD	Brenda Salas Brenda.salas@maryland.gov 410-767-2981
12/9/16	12pm – 1pm	Healthy and Happy Holiday Eating	University of Maryland, College Park 1101 U Chesapeake Bldg College Park, MD	Stacy Sims ssims@umd.edu 301-405-5657
12/13/16	12pm – 1pm	Dealing with Stress During the Holidays	Key Point Health Services Large Conference Room 1001 Cromwell Bridge Road Suite 100 Towson, MD	Amanda Weber Amanda.weber@keypoint.org 410-337-6867

12/14/16	12pm – 1pm	Maintain, Don't Gain During the Holidays	Comptroller of Maryland Assembly Room 80 Calvert Street Annapolis, MD	Amber Blose ablose@comp.state.md.us 410-260-7613
12/14/16	1pm – 2pm	Healthy and Happy Holiday Eating	Howard County Health Dept. 8930 Stanford Blvd. Columbia, MD 21045	Veronica Michie 410-313-6361
12/15/16	2pm – 3pm	Dealing with Stress During the Holidays	DPSCS 6776 Reisterstown Road Baltimore, MD	Brenda Miller Brendas.miller@maryland.gov 410-585-3563
12/29/16	12pm – 1pm	Dealing with Stress During the Holidays	Frederick County Dept of Social Services Room 2B 100 East All Saints Street Frederick, MD	Mark Wilson Mark.Wilson@maryland.gov 301-600-4561