

On the Wellness Horizon

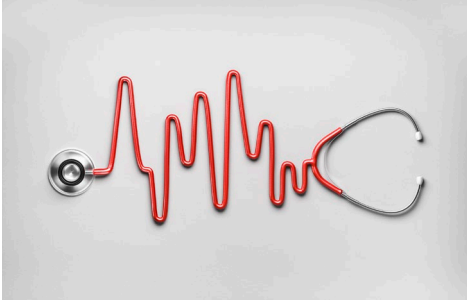


Sat. October 8th
11:00 am – 1:00 pm

Post 77 invites you to participate! Examine your own wellness state and learn about resources to help you stay fit and fine!

102 Glenwood Avenue ~ Newly Renovated & Open for Business!

Talk to the Experts



Whether you have general questions or you want specific help with Medicare, Medicaid or health benefits, this is the place for you! Meet with a Talbot County Benefit Counselor who will provide free, professional and confidential counseling services for Medicare Beneficiaries, or those looking to apply for Medicare, and all older adults or individuals with disabilities.



Talk Saves Lives. So let's talk about getting back out there and finding things that interest you. Mental Health Professionals will be available to talk and share resources on Veteran's issues, combatting isolation, and staying connected to people.



Post 77 Members, as well as SAL, and the Auxiliary, will be on hand to share literature and resources. This will be a monthly event that will cover different topics. November: Are you job hunting? We can Help ~ Stay Tuned!

A box lunch will be available for all who participate in the event.