

ASK AN EXPERT: Handling the Holidays

**FREE CONSULTATION SERVICES
WITH A MEDICAL AND/OR
CLINICAL PROFESSIONAL**

LOCAL BEHAVIORAL AND MEDICAL
HEALTH RESOURCES WILL ALSO BE
AVAILABLE TO HELP YOU GET
THROUGH THE STRESS OF THE
HOLIDAY SEASON

@THE FOLLOWING HOLIDAY MARTS:

**SATURDAY, DECEMBER 3RD FROM 9AM-2PM- CARDINAL CREEK PLANT FARM'S
HOLIDAY MART AT 5180 SIXES ROAD, PRINCE FREDERICK**

**SATURDAY, DECEMBER 10TH FROM 9AM-3PM- NORTHERN HIGH SCHOOL'S 20TH
ANNUAL HOLIDAY CRAFT & VENDOR FAIR AT 2950 CHANEYVILLE ROAD, OWINGS**

**SUNDAY, DECEMBER 18TH FROM 11AM-4PM NO THYME TO COOK'S HOLIDAY MART AT
14624 SOLOMONS ISLAND ROAD, SOLOMONS**

