



Dear Community Friend,
Maryland Physicians Care (MPC) is a values-driven, community focused managed care organization (MCO) that improves the health status of its members through effective care management systems.

One of the ways we improve health status is by providing health education presentations throughout the community. Each information sessions is 30-60 minutes, but timeframes can be tailored to your audience.

Topics include:

- **Personal Hygiene/Dental Health**
- **Birth Control**
- **Sexually Transmitted Diseases**
- **Cholesterol**
- **High Blood Pressure**
- **Diabetes**
- **Asthma**
- **Obesity**
- **Alcohol and Marijuana**
- **Breast Health and Cervical Cancer**

To schedule a presentation or to request educational materials for MPC members, please contact our Prevention and Wellness Department at 410-401-9451 or apryl.lomax@marylandphysicianscare.com.

Thank you!