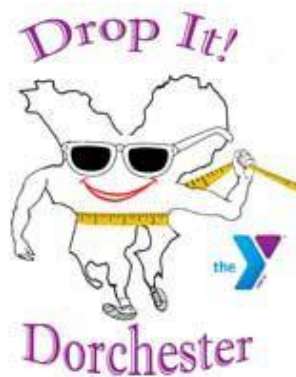


## Drop It Dorchester ! Official Weigh In Sites

Sites	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
*Dorchester Co Public Schools	9am-3pm	9am-3pm	9am-3pm	9am-3pm	9am-3pm	
Dorchester Co. Family YMCA	7-8 am 10-11 am 4-5 pm 6-7 pm	N/A	7-8 am 10-11 am 4-5 pm 6-7 pm	N/A	7-8 am 10-11 am 4-5 pm 6-7 pm	8-9 am
Dorchester Co. Health Dept.	N/A	8am-4:30 pm	8am-4:30 pm	N/A	8am-4:30 pm	
Dorchester General Hospital	10-12 am	10-12 am	N/A	N/A	N/A	
Maryland Healthy Weighs	9-5 pm	6-7 pm	9-5 pm	9-6 pm	9-3 pm	
*Dorchester Public Schools are only available to School Board Employees*						
Dorchester Co. Family YMCA	201 Talbot Ave	Cambridge	410-221-0505	Front Lobby		
Dorchester Co. Health Dept.	3 Cedar St.	Cambridge	410-901-8126	Front Lobby		
Dorchester General Hospital	300 Byrn St.	Cambridge	410-228-5511	1 <sup>st</sup> floor Wellness coordinator office		
Maryland Healthy Weighs	124 Market Sq.	Cambridge	410-205-4421	Front Lobby		

Please Remember that the 1st week and 10<sup>th</sup> week weigh in MUST BE AT THE DORCHESTER YMCA.  
Also please Bring your weigh in Card each and every time you weigh In.