March 2026 Newsletter

CONNECTING COMMUNITIES. EMPOWERING LIVES.



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VIRTUAL EVENTS

Beyond Calories: Eating for Energy, Health & Longevity (Virtual): Discover how nutrition goes far beyond calorie counting. This engaging webinar explores how the foods we choose impact our energy levels, overall health, and long-term vitality. Learn practical strategies to fuel your body with purpose, support metabolic health, and make informed choices that promote longevity.
Wednesday, March 4: 12–12:45 p.m. Register

THIS MONTH'S FEATURED EVENTS

HELD AT COMPREHENSIVE PRIMARY CARE (6230 CENTRAL AVENUE, UNIT 6, CAPITOL HEIGHTS, MD 20743)

Yoga: Our instructor will guide you through various poses and breathing exercises, helping you improve flexibility, strength and balance.
Thursday, March 5 & 19: 10–11 a.m. Register
Thursday, March 12 & 26: 12–1 p.m. Register

HELD AT THE VILLAGE AT MONDAWMIN (3201 TIOGA PARKWAY, SUITE W, BALTIMORE, MD 21215)

Best Practices and Good Governance: This workshop provides nonprofit leaders, board members, and volunteers with essential guidance on building strong governance structures and clear accountability practices. Held in partnership with The Family League of Baltimore.
Tuesday, March 10, 10:30 a.m.–12 p.m. Register

Understanding Credit and Helping Clients Build Credit: The session covers understanding credit scores and reports, choosing safe credit products, and recognizing predatory lending practices to better support clients in building healthy credit. Held in partnership with The Family League of Baltimore. **Tuesday, March 24, 10:30 a.m.–12 p.m.** Register

Black Family Wellness Expo: Join us for a day of support, connection and resources.
Saturday, March 21, 10 a.m.–3 p.m. Register

IN-PERSON EVENTS AT THE VILLAGE AT MONDAWMIN

3201 TIOGA PARKWAY, SUITE W, BALTIMORE, MD 21215

Yoga: Our instructor will guide you through various poses and breathing exercises, helping you improve flexibility, strength and balance. **Monday, March 2, 9, 16, 23, 30: 5:45–6:45 p.m.** **Register**

Pilates: Whether you're a beginner or experienced, this class is open to all levels. Come and enjoy a great workout while improving your flexibility, strength and overall well-being.
Thursday, March 5, 12, 19, 26: 5–5:45 p.m. **Register**

Line Dancing: Kick up your heels and have a blast with friends and neighbors at a fun-filled evening of dancing and laughter. No experience necessary—our instructors will guide you through all the steps. **Tuesday, March 10: 4–5 p.m.** **Register**

Boxing: Channel your inner Rocky with this class that uses traditional boxing methods to help you grow stronger, improve your coordination, and increase your stamina.
Wednesday, March 11, 25: 5–6 p.m. **Register**

IN-PERSON EVENTS AT CANTON CROSSING

1501 CLINTON ST., SUITE 100, BALTIMORE, MD 21224

Yoga: Our instructor will guide you through various poses and breathing exercises, helping you improve flexibility, strength and balance.
Monday, March 2, 9, 16, 23, 30: 5–6 p.m. **Register**
Thursday, March 5, 12, 19, 26: 5:15–6 p.m. **Register**

First-time Homebuyer Seminar: Join us for a first-time homebuyer seminar, presented by the Latino Economic Development Center. Topics will include navigating the process of buying a home in Baltimore, getting the best mortgage for your financial situation, and how your credit history, personal budget and personal finances could influence your future success.
Saturday, March 21: 8:30 a.m.–4 p.m. **Register**

LAST MONTH'S HIGHLIGHT

FEBRUARY 6: GIVE KIDS A SMILE DAY

CareFirst partnered with the Maryland State Dental Association Foundation (MSDA) and DTLR to host the annual Give Kids a Smile Day. This event offered free oral health exams, fluoride treatments, and giveaways for children ages 1-17. Additional health screenings and resources were available to support a family's well-being.





A SNEAK PEEK

Mother's Day Event – The Village at Mondawmin, Saturday, May 2: 11 a.m. –3 p.m.

GETTING TO KNOW COMMUNITY SHAKIA



Name: Shakia Colbert

Role: Specialist, Community Health & Social Impact

Focus Areas: Health Equity | Maternal & Senior Wellness | Reentry Support | Community Engagement & Resource Access | Social Determinants of Health | Workforce Development | Chronic Disease Management

My Journey and Why I Do This Work: Growing up in Southwest Baltimore, resources were scarce. Our church, Shiloh Christian Community Church, and my neighbor Mr. Henry were the pillars of support, making sure we had bread, bikes, and back to school events. I didn't choose this work; it chose me. It was an assignment I was destined to fulfill, and I'm grateful to have been called to it.

Today, I'm proud to work for an organization like CareFirst that believes in investing in the community. Since joining, I've planned multiple events based on community needs, attended countless meetings, and built meaningful relationships with partners and residents alike. I recently switched my major to Health Care Administration to align with my passion for health innovation and community impact.

This work is personal. It's about empowering communities like the one I grew up in, providing tools, resources, and opportunities to live healthier, fuller lives. Every event, every connection, every initiative is a step toward equity and healing. I do this work because I believe in the power of community, and I'm committed to being the resource I once needed.

Fun Facts About Me:

- I love creating spaces for women empowerment and believe in building intentional friendships and networking with likeminded individuals.
- I've built a following of over 1,000 on social media by showing up in the community and creating videos.
- My signature intro is: "Hey Guys, it's your girl Community Shakia!"
- The name Community Shakia was given to me by Brittany, founder of B360, and it stuck after I introduced myself that way at a company meeting!

Let's Connect!

I'm always looking to collaborate with partners who share a vision for healthier, more empowered communities.

Email: Shakia.Colbert@carefirst.com

Linked In: Shakia Colbert

Social Media: Community_Shakia

CAREFIRST SUPPORT

Looking to set up a table at future events: Vendor Information Form
Request CareFirst to Table at your event: CECCanton@carefirst.com
Visit our website carefirst.com/cec/
2025 Impact Report: Impact Report | CareFirst BlueCross BlueShield

ABOUT CAREFIRST COMMUNITY ENGAGEMENT

We believe in fostering a healthier community through accessible and inclusive programs. Our engagement center offers a variety of free health education and fitness classes to all community members, regardless of their insurance status. Additionally, we provide in-person customer support to our members, assisting them with their account, billing, claims, or purchasing insurance plans through CareFirst. Learn more at carefirst.com/cec/.

CareFirst Engagement Center at
The Village at Mondawmin

March 2026 Programs



FEATURED EVENT:

Understanding Credit and Helping Clients Build Credit

Tuesday, March 24, 10:30 a.m.–12 p.m.



Yoga

March 2, 9, 16, 23, 30
5:45–6:45 p.m.



Pilates

March 5, 12, 19, 26
5–5:45 p.m.



Best Practices and Good Governance

March 10
10:30 a.m.–12 p.m.



Line Dancing

March 10
4–5 p.m.



Boxing 101

March 11, 25
5–6 p.m.

3201 Tioga Parkway, Suite W, Baltimore, MD 21215
Monday–Friday, 9 a.m.–5 p.m.

Register at carefirst.com/cec

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CareFirst Engagement Center
at Canton Crossing

March 2026 Programs



FEATURED EVENT:

Beyond Calories: Eating for Energy, Health & Longevity (Virtual)

Wednesday, March 4, 12–1 p.m.



Yoga

March 2, 9, 16, 23, 30
5–6 p.m.

March 5, 12, 19, 26
5:15–6 p.m.



First-time Homebuyer Seminar

March 21
8:30 a.m.–4 p.m.

1501 South Clinton Street, Suite 100, Baltimore, MD 21224
Monday–Friday, 10 a.m.–6 p.m.

Register at carefirst.com/cec

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Eat smarter, feel stronger, live longer.

FREE COMMUNITY EVENT

Beyond Calories: Eating for Energy, Health & Longevity (Virtual)

CareFirst insurance is not required.



March 4
12–1 p.m.

Register using the QR code or visit carefirst.com/cec to secure your spot.



This engaging webinar explores how the foods we choose impact our energy levels, overall health, and long-term vitality.

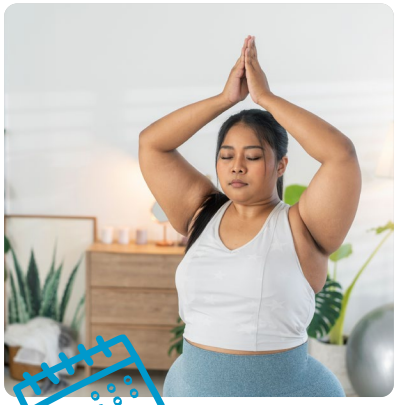
Discover how nutrition goes far beyond calorie counting. This engaging webinar explores how the foods we choose impact our energy levels, overall health, and long-term vitality. Learn practical strategies to fuel your body with purpose, support metabolic health, and make informed choices that promote longevity.

With Care

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Relax, release, realign.

FREE COMMUNITY EVENT
All-level Yoga



Thursday, March 5, 19
10 – 11 a.m.

Thursday, March 12, 26
12 – 1 p.m.

Register using the QR code or visit carefirst.com/cec.



A relaxing yoga session at Comprehensive Primary Care - unwind, stretch and find your zen!

Join us for a rejuvenating and invigorating experience at our Free Yoga Class!

Our skilled yoga instructors will guide you through various poses and breathing exercises, helping you improve flexibility, strength, and balance. It's a great opportunity to escape the hustle and bustle of daily life and focus on your well-being.

This is a free community event. CareFirst Insurance is not required.

*Must be 12 years or older to participate.

*Participants MUST BE REGISTERED to participate in class.

*Class begins promptly as listed. Participants who arrive later than 5 minutes after the start will not be able to enter to preserve the intention of class.

Comprehensive Primary Care
6230 Central Avenue, Unit 6
Capitol Heights, MD 20743
CareFirst insurance is not required.

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Stronger governance. Clear accountability.

FREE COMMUNITY EVENT

Best Practices and Good Governance



March 10
10:30 a.m.–12 p.m.

Register using the QR code or visit carefirst.com/cec.



Provides essential guidance on building strong governance structures & clear accountability practices.

Participants will explore the distinct roles and responsibilities of board and staff members, review key financial policies that prevent mismanagement and reduce risk, and learn how to create and implement effective Conflict of Interest policies.

The session emphasizes practical strategies to promote transparency, ethical decision-making, and organizational integrity.

This class is provided in partnership with the Family League of Baltimore.

CareFirst BlueCross BlueShield
3201 Tioga Parkway, Suite W
Baltimore, MD 21215
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Know credit. Grow credit.

FREE COMMUNITY EVENT

Understanding Credit and Helping Clients Build Credit



March 24
10:30 a.m.–12 p.m.

Register using the QR code or visit carefirst.com/cec.



Participants will learn the basics of credit, including types, benefits, and risks.

The session covers understanding credit scores and reports, choosing safe credit products, and recognizing predatory lending practices to better support clients in building healthy credit.

This class is provided in partnership with the Family League of Baltimore.

With Care

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The Links, Incorporated

Linked in Friendship, Connected in Service

Harbor City (MD) Chapter

FREE TO THE PUBLIC!

ALL ARE WELCOME!

THE HARBOR CITY (MD) CHAPTER OF THE LINKS, INCORPORATED
PROUDLY PRESENTS

BLACK FAMILY WELLNESS EXPO

MARCH 21, 2026

10AM - 3PM

THE VILLAGE AT MONDAWMIN
3201 Tioga Pkwy, Baltimore, MD 21215

Join us for a day of support, connection, and resources such as:

- Kidney Health Education
- Free Haircuts!
- Free Produce & Grocery Bags
- Free Blood Pressure Cuffs
- And so much more!!!

$50 GIFT CARD

GIFT CARD GIVEAWAYS throughout the day!!





Partners include:

CareFirst

WT Whiting-Turner

Roberta's House — A Family Grief Support Center

Black K.A.R.E.

The Links, Incorporated — Baltimore (MD) Chapter

Harbor City Links Scholars Program

Develop a mind/body connection.

FREE COMMUNITY EVENT
Yoga



March 2, 9, 16, 23, 30
5:45–6:45 p.m.

Register using the QR code.



Join us for a rejuvenating and invigorating experience.

Our skilled instructors will guide you through various poses and breathing exercises, helping you improve flexibility, strength and balance. It's a great opportunity to escape the hustle and bustle of daily life and focus on your physical and mental well-being.

- Must be 12 years or older to participate.
- Participants MUST BE REGISTERED to participate.
- Class begins promptly as listed. Participants who arrive later than 5 minutes after the start will not be able to enter to preserve the intention of class.

Parking: Please park in the mall parking lot across from TGIFridays, near Edenbridge PACE. Look for the CareFirst Welcome sign and enter the hallway to Suite W.

CareFirst BlueCross BlueShield
3201 Tioga Parkway, Suite W
Baltimore, MD 21215
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Unleash your inner strength.

FREE COMMUNITY EVENT
Pilates



March 5, 12, 19, 26
5–5:45 p.m.

Register using the QR code or visit carefirst.com/cec.



Get ready to stretch and strengthen your body at our free Pilates class!

Join us for a fun and energizing Pilates session at the CareFirst Engagement Center. Whether you're a beginner or experienced, this class is open to all levels. Come and enjoy a great workout while improving your flexibility, strength, and overall well-being. Don't miss out on this opportunity to try Pilates for free! See you there!

This is a free community event. CareFirst Insurance is not required.

Parking: Please park in the mall parking lot across from TGIFridays, near Edenbridge PACE. Look for the CareFirst signage on the door and enter the hallway to suite W.

With Care

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Healthy hits for a happier you.

FREE COMMUNITY EVENT

Boxing 101



March 11, 25
5–6 p.m.

Register using the QR code or visit carefirst.com/cec.



Use traditional boxing methods to help you grow stronger, improve your coordination, and increase your stamina.

Channel your inner Rocky with this class that uses traditional boxing methods to help you grow stronger, improve your coordination, and increase your stamina. A series of punches, jabs, and uppercuts will get your heart rate up, while heavy bag work adds contact and resistance to strengthen your core. This is a full-body workout that can improve your overall fitness.

This is a free community event. CareFirst Insurance is not required.

*Must be 12 years or older to participate.

*Participants MUST BE REGISTERED to participate in class.

Please park in the mall parking lot across from TGIFridays, near Edenbridge PACE. Look for the CareFirst sign and enter the hallway to suite W.

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Dance like no one's watching.

FREE COMMUNITY EVENT
Line Dancing



March 10
4–5 p.m.

Register using the QR code or visit carefirst.com/cec.



Get ready to get your groove on with some line dancing!

Kick up your heels and have a blast with friends and neighbors. Join us for a fun-filled event of dancing and laughter.

No experience necessary—our instructors will guide you through all the steps.

Don't miss out on this chance to groove to some great tunes and make memories that will last a lifetime. See you there!

Parking: Please park in the mall parking lot across from TGIFridays, near Edenbridge PACE. Look for the CareFirst Welcome sign and enter the hallway to Suite W.

With Care

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CareFirst

Develop a mind/body connection.

FREE COMMUNITY EVENT

Yoga Class



March 2, 9, 16, 23, 30
5–6 p.m.

March 5, 12, 19, 26
5:15–6 p.m.

Register using the QR code.



Join us for a rejuvenating and invigorating experience.

Our skilled yoga instructors will guide you through various poses and breathing exercises, helping you improve flexibility, strength and balance. It's a great opportunity to escape the hustle and bustle of daily life and focus on your well-being.

This is a free community event. CareFirst Insurance is not required.

*Must be 12 years or older to participate.

*Participants MUST BE REGISTERED to participate in class.

*Class begins promptly as listed. Participants who arrive later than 5 minutes after the start will not be able to enter to preserve the intention of class.

Parking is available in the lot directly across Clinton Street from the CareFirst building and is free for attendees. Remember to have your ticket validated.

CareFirst BlueCross BlueShield
1501 South Clinton Street
Baltimore, MD 21224
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Your path to homeownership starts here.

FREE COMMUNITY EVENT

First-time Homebuyer Seminar



March 21
8:30 a.m.–4 p.m.

Register using the QR code or visit carefirst.com/cec.



Join us for a First-Time Homebuyer Seminar with the Latino Economic Development Center (LEDC).

Ready to buy your first home? Join us for a first-time homebuyer seminar, presented by the Latino Economic Development Center. Topics will include navigating the process of buying a home in Baltimore, getting the best mortgage for your financial situation, and how your credit history, personal budget and personal finances could influence your future success.

This is a FREE event. CareFirst insurance is NOT required.

Free Parking: The CareFirst Engagement Center is in the Canton Tower at 1501 S. Clinton Street, Baltimore, MD, 21224. Please park in the paved parking lot directly across from the building on South Clinton Street. Upon entering the parking lot, select "Get ticket" from the entry machine. Please be sure to bring the ticket inside with you so it can be validated.

CareFirst BlueCross BlueShield
1501 South Clinton Street
Baltimore, MD 21224
CareFirst insurance is not required.

LATINO ECONOMIC DEVELOPMENT CENTER

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