

*"Helping to make our community healthier,
one person at a time."*



Our amazing Chef partners at the 4th Annual Chefs Dinner!

See what we've been up to!

Its been a busy couple of months at the Free Medical Clinic! FMC's 4th annual Chefs Dinner was a sell-out again this year, and raised more than \$25,000 to support FMC's programs! Warmer weather means our Project FIRST screening events have been happening throughout our community. Check out these and other stories below to see what we've been up to. **Thank you for your continued support!**

Thanks to you the 4th Annual Chefs Dinner is a Big Success!

Our 4th annual Chef's Dinner took place at the Winchester Country Club on May 12th. This is

the second year in a row that this incredible event was a sell-out! Led by Chef Daniel Kalber from Village Square Restaurant and V2 Piano Bar, the dinner also featured Chef Brian Pellatt from Bonnie Blue Southern Market and Bakery, Chef Will Mason from eM and bake, Chef Ming Chan from Chinatown, Chefs Moises Fuentes and George Aubrey from El Centro, and Chef Hunter Blackford from Union Jack Pub & Restaurant. Five of the six courses were served with delicious wine pairings from Kysela Pere et Fils, Ltd's Rubus Wine Selections, and one course was served with a craft beer from Escutcheon Brewery. This unique evening was enjoyed by all!

Thank you to all of our Chef partners who cooked up the amazing food, as well as to all the evening's Sponsors and Guests! Your support funds the many great FMC programs that make our community healthier!



Become a Healthy Hero! 12 gifts in 12 months Means You Can Save Lives All Year Long!

FMC has launched a new monthly giving campaign called "**Healthy Heroes**" with the goal of signing up **30** new Healthy Heroes in the 30 days of June.

As a Healthy Hero, you will be ensuring life-saving resources are always available when patients need them most. The Healthy Heroes giving plan allows you to conveniently support FMC at the exact level that works best for you - even as little as 33¢ a day can do so much!

Click [here](#) to learn more & become a Healthy Hero today!



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Project FIRST Screenings Continue with Force!

With the warm weather finally here, our Project FIRST spring/summer campaign has kicked off with force. Screenings have taken place at Garland R. Quarles Elementary School, Walmart, and on the Our Health Campus at the Healthy Living events. Many more screenings are planned throughout Winchester, Clarke & Frederick Counties. If you would like to host a Project FIRST screening, please email

Meet the Newest Face at FMC!


Rita Cardoso

Hi, my name is Rita Cardoso and I am a Medical Assistant at the Free Medical Clinic. I have been working at the clinic for 2 months. Prior to joining the Free Medical Clinic, I worked for People Incorporated of Virginia. I help support the clinic as well as work in our occupational health department doing drug testing for clients. I really enjoy working here and helping our patients.



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