



## CALVERT COUNTY DEPARTMENT OF ECONOMIC DEVELOPMENT

175 Main Street  
Courthouse  
Prince Frederick, Maryland 20678  
Phone: (410) 535-4583 • (301) 855-1880  
<http://www.ecalvert.com>

*Director*  
Linda S. Vassallo

*Board of Commissioners*  
Gerald W. Clark  
Linda L. Kelley  
Wilson H. Parran  
Susan Shaw  
Barbara A. Stinnett

# News Release

### FOR IMMEDIATE RELEASE

**Date:** | February 26, 2009  
**Contacts:** Danita Boonchaisri, Marketing/Communications Specialist  
410.535.4583 E-mail: [danitab@co.cal.md.us](mailto:danitab@co.cal.md.us)

Mark Volland, Public Information Specialist  
410.535.4583 E-mail: [vollanrm@co.cal.md.us](mailto:vollanrm@co.cal.md.us)

---

### *Nature's Way to Health in Prince Frederick* **Is a Healthy Haven Where Knowledge is Power**

**PRINCE FREDERICK, MD – February 26, 2009** – Angela Kalendar has a lot of respect for the health and well-being of each individual. She also has a lot of knowledge about what a body needs to thrive and be strong. “I believe the body has the ability to heal itself if given the right nutrition,” she says. “When we don’t give the body what it needs, that’s when it becomes off balance which, in turn, can lead to health issues.”

These beliefs, and her own personal struggles with health and fitness, are what led Kalendar to open Calvert County’s newest retail shop offering alternative nutrition, vitamins, herbal supplements, minerals and health foods.

Nature’s Way to Health, a bright and cheerful health food store in the heart of Prince Frederick, carries an impressive variety of health foods for the entire family, along with expert counseling, advice and an abundance of resources to help customers achieve optimal health benefits from the wholesome food, herbs and supplements sold.

Kalendar is a certified natural health professional and is training to become a naturopathic doctor. She also works with a number of other health professionals to provide services such as acupuncture, acupressure, massage therapy and exercise and nutritional counseling. “Everyone needs to learn about nutrition,” says Kalendar. “I’m constantly learning and I want to teach

~ more ~

people. It's all about trust and honesty. I use these products myself; I stand behind what I'm selling and I care about my customers. People don't always want to know how much you know, they want to know how much you care about them."

In addition to organic foods and supplements, Kalendar also carries a selection of vegan food, spices, essential oils, candles, homeopathic remedies for pets, baby care products and foods, natural cleaning products, beauty items and natural cosmetics.

Nature's Way to Health is located at 98 Central Square Drive in Prince Frederick, near the Outback Steakhouse. Hours are Monday through Friday, 10 a.m. to 7:30 p.m., Saturday, 10 a.m. to 7 p.m. and closed on Sunday. For more information, call 410.535.2400 or e-mail [natureswaytohealth@verizon.net](mailto:natureswaytohealth@verizon.net).

For more information on the Calvert County, Md., Department of Economic Development and the services available to assist County businesses, call 410.535.4583, 800.331.9771 or 301.855.1880; send an e-mail to [info@ecalvert.com](mailto:info@ecalvert.com), or visit online at [www.ecalvert.com](http://www.ecalvert.com).

###

*Calvert County is Maryland's smallest county in land area with 213 square miles. It is home to over 87,000 people and has one of the highest standards of living in Maryland. There are more than 4,000 businesses in the County and a labor force of at least 1.8 million resides within a one-hour drive. Major industries include defense contracting, information technology, tourism, utilities, light manufacturing and administrative services.*