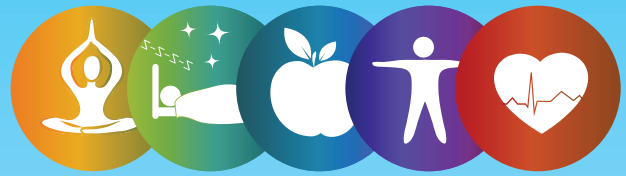


# Senior



# Health Fest

Join in for a day filled with  
tips for a healthier you!

**Wednesday,  
September 18, 2024**

**9:30 a.m. - 1:30 p.m.**

McFaul Activity Center  
525 MacPhail Road  
Bel Air



- ✓ 9:30 - 10:00 a.m. | Build a Better Breakfast  
Angela Lang, R.D
- ✓ 10 a.m. - 1 p.m. | Health Carnival Games:  
University of Maryland Upper Chesapeake
- ✓ 10 a.m. - 1 p.m. | Seated Chair Massages  
Knot Bad Massage
- ✓ 30-minute fitness classes including:  
Drums Alive | Nature Yoga | Everyday Fitness
- ✓ 30-minute DIY Aromatherapy Container Garden  
University of Maryland Upper Chesapeake

**SPACE IS LIMITED -  
REGISTRATION REQUIRED  
FOR CLASSES,  
MASSAGES AND LUNCH.**

*Parking is limited -  
overflow at MVA next door.*

*Resources will be available from  
Harford County's Emergency Services  
and Health Department.*

***Lunch provided by  
The Pit Shack food truck***

**TO REGISTER, CONTACT THE WELLNESS TEAM AT 410-638-3025 BY SEPTEMBER 13**



**BOB CASSILLY**  
Harford County Executive  
**BARBARA W. RICHARDSON**  
Director, Housing and Community Services

Harford County Housing and Community Services  
Office on Aging

[www.harfordcountymd.gov/services](http://www.harfordcountymd.gov/services) 410.638.3025