



MONTGOMERY COUNTY MARYLAND

FOR RESIDENTS 55+



Oct. 5-11



Go, Grow and Get Active!



SAVE THE DATE

During this week, individuals are invited to attend FREE programs and activities to help Go, Grow and Get Active!



SCAN



SIGNATURE EVENT



Monday, Oct. 5 • 9 a.m. – 1:30 p.m.

Check in starts at 9 a.m.

Wellness Programs and Activities • 9:30 a.m. - Noon

Health Fair • 9:30 a.m. - 1:30 p.m.

Vendor Fair • Noon - 1:30 p.m.

Nancy H. Dacek North Potomac CRC
13850 Travilah Road, Rockville

To learn more about changing the way you age, visit ActiveAgingWeek.com
Registration is required for the event. Registration will open on Aug. 11

