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# STAYING STRONG **AFTER** REHAB

— A HOWARD COUNTY HEALTH AND WELLNESS PROGRAM —

## Ellicott City 50+ Center

9401 Frederick Road, Ellicott City 21042

### IMPORTANT SKILLS TO ASSIST CAREGIVERS

**Thursday, March 28 • 6:00 to 7:30 p.m.**

- The Caregiver Role
- Physical Benefits to Staying Strong
- Environment for Safety
- Motivation for All

Presented by Malarie Burgess, OAI Exercise Specialist

— A LIGHT MEAL WILL BE PROVIDED —

**Registration is required. Contact Kathy Wehr at  
410-313-5955 (VOICE/RELAY) or [kwehr@howardcountymd.gov](mailto:kwehr@howardcountymd.gov)**



 Howard County Office on  
**Ageing and Independence**  
Department of Community Resources and Services  
[www.howardcountymd.gov/aging](http://www.howardcountymd.gov/aging)

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