

FREE ADMISSION



**LIMITED SEATING  
REGISTER TODAY!**

# GOOD FOR YOUR HEAD **AND** YOUR HEART

— A HOWARD COUNTY WELLNESS SERIES —

## Elkridge 50+ Center

6540 Washington Boulevard, Elkridge 21075

Registration is required; RSVP to **410-313-5192** for EACH session!

**Wednesday, May 29 • 10:00 to 11:30 a.m.**

### **Minding Our Mind: the Primary Driver for Quality of Life**

Impact of Thoughts and Feelings on Everyday Living • Keys to Resiliency

**Wednesday, June 5 • 10:00 to 11:30 a.m.**

### **Besting Our Brain: the Most Precious Organ**

Ways to Optimize Brain Function • Age and Caregiving-Related Risks to Brain Health

**Wednesday, June 12 • 10:00 to 11:30 a.m.**

### **Peace in the Presence: Strategies to Combat Stress**

Embracing Change and Uncertainty • Freedom from Self-Defeating Coping Mechanisms



 Howard County Office on  
**Ageing and Independence**

Department of Community Resources and Services  
[www.howardcountymd.gov/aging](http://www.howardcountymd.gov/aging)

If you need this document in an alternative format or need accommodations to participate, contact Maryland Access Point (MAP) at 410-313-1234 (VOICE/RELAY) or [map@howardcountymd.gov](mailto:map@howardcountymd.gov)