



EXPLORE YOUR PERSONAL HEALTH AND WELLNESS  
FROM BOTH TRADITIONAL AND INTEGRATIVE PERSPECTIVES

# Your Health

STRENGTH • TRANQUILITY • WELLNESS

Friday, May 17 • 9 AM TO 2 PM

ELKRIDGE 50+ CENTER

6540 Washington Boulevard, Elkridge 21075

9:00 AM

**Yoga Class** OFFERS CHAIR AND MAT OPTIONS • BRING YOUR OWN MAT

9:00 AM to 1:00 PM

**Auricular Acupuncture**

10:00 to 10:50 AM

SEMINAR: **The Effects of Stress and How to Avoid Them**

PRESENTED BY DR. STEPHEN SYNOWSKI

11:00 to 11:50 AM

SEMINAR: **HIV and Sexual Health for Older Adults**

PRESENTED BY JOAN GARRITY

12:00 to 1:15 PM

**Healthy Lunch 'n Learn: Chef Taueret Thomas, Khepera's Kitchen**

LUNCH DONATION REQUIRED WITH RESERVATION NO LATER THAN FRIDAY, MAY 10

ALL DAY HIGHLIGHTS

**Howard County OAI Health & Wellness Division**

EXERCISE GUIDANCE • CHRONIC DISEASE SELF-MANAGEMENT PROGRAMS  
ANXIETY AND DEPRESSION SCREENINGS

**Journey to Better Health, Howard County General Hospital**

HEALTH SCREENINGS: BMI • BLOOD PRESSURE • STROKE RISK ASSESSMENT

**Local Health Improvement Coalition**

MENTAL HEALTH AND AGING • NARCAN® TRAINING • MEDICAL DISPOSAL BAGS

**Maryland University of Integrative Health**

OFFERING ALTERNATIVE COMPLEMENTARY INTERVENTIONS

**FREE  
ADMISSION!**

*Not a member?  
Stop by to join us!*



Howard County Office on  
**Aging and Independence**

Department of Community Resources and Services

[www.howardcountymd.gov](http://www.howardcountymd.gov)

TO REGISTER

PHONE **410-313-5192** (VOICE/RELAY)

EMAIL [elkridge50@howardcountymd.gov](mailto:elkridge50@howardcountymd.gov)

PRESENTED IN  
PARTNERSHIP  
WITH



**HOWARD COUNTY  
HEALTH DEPARTMENT**

**Howard County LHIC**  
Local Health Improvement Coalition

If you need accommodations to participate or need this information in an alternate format, contact Maryland Access Point at 410-313-1234 (voice/relay).