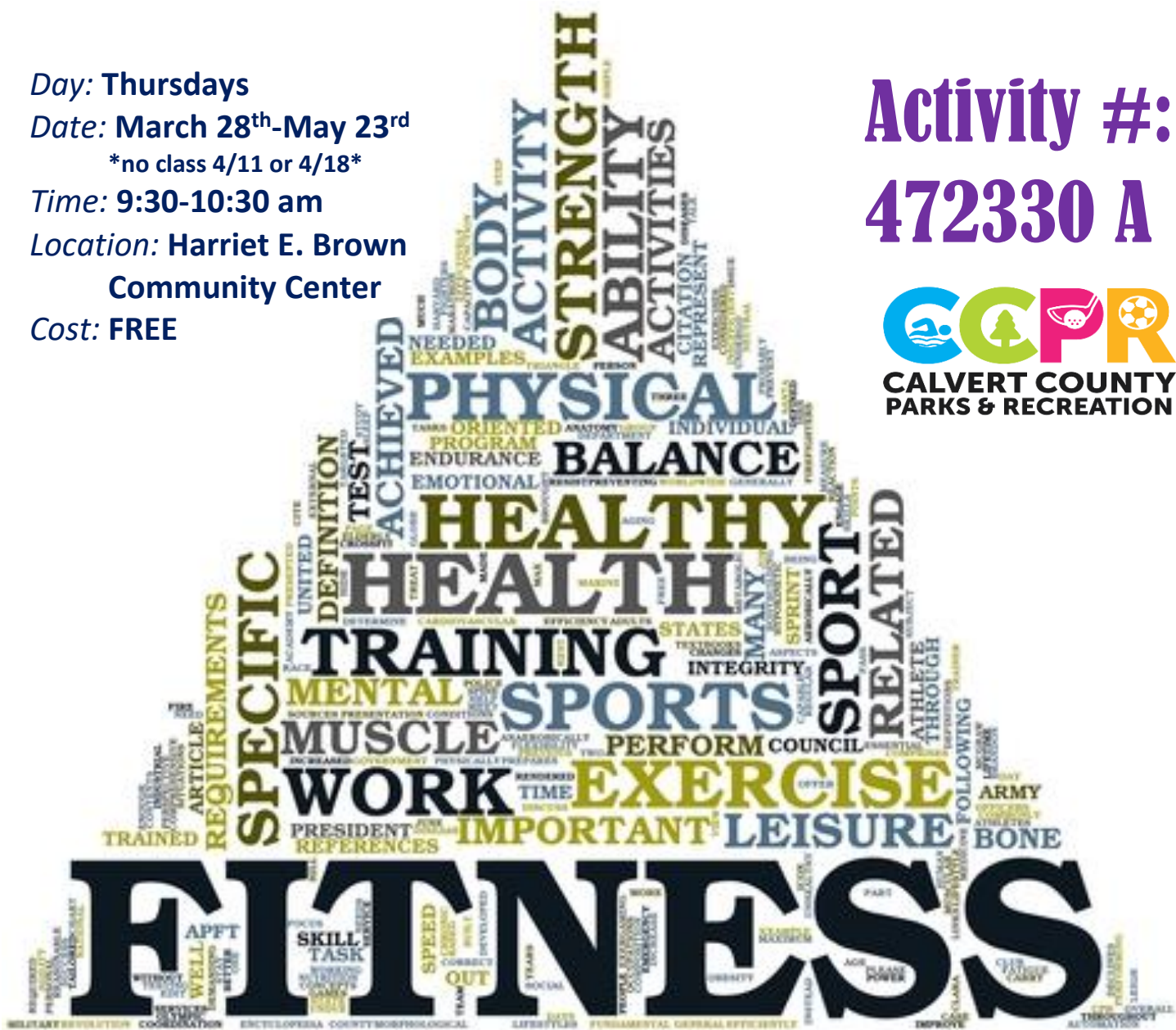


Calvert County Therapeutic Recreation Services

Having trouble keeping healthy on your own? Join our team!
 This FREE program is designed for individuals with disabilities ages 18 and up who are committed to learning and maintaining a healthy lifestyle.
 Lessons in health and nutrition programs as well as physical fitness programs and trips to utilize community resources will be a part of the class.

Day: Thursdays
Date: March 28th-May 23rd
 no class 4/11 or 4/18
Time: 9:30-10:30 am
Location: Harriet E. Brown
 Community Center
Cost: FREE

Activity #:
472330 A



Live.Life.Healthy



For additional information, please contact the Therapeutic Services Office
 At (410) 535-1600 Emily- x8205 or Joy- x8204
 or contact Maryland Relay for the hearing and speech impaired at (800) 735-2258