

AGING INTO WELLNESS

Social

Emotional

Wellness is an active process through which you can become aware of, and make choices toward, a BETTER YOU!

Connect with organizations and opportunities that offer ways to support and nurture a healthy lifestyle to Age into Wellness to be the best you!

Environmental

Physical

Wednesday, April 3, 2019

9am - 2pm

**ShIPLEY Arena
Carroll County Ag Center**

Intellectual

Spiritual

Seniors ON THE GO
AGING & DISABILITIES EXPO



- Exhibitors •
- FREE Health Screenings •
- Vendor Prize BINGO •
- Speakers & Seminars •
- Prescription Medication Disposal •
- FREE Shuttle Service •
- Lunch Available •
- FREE Complementary Therapies •
- FREE Admission •
- Demonstrations •
- Special Veterans Area •

410-386-3800

SeniorExpo@carrollcountymd.gov



Official Expo Program Guide Sponsored by
Carroll County Times

The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 or email ada@carrollcountymd.gov as soon as possible but no later than 72 hours before the scheduled event.