

OAI The Art of Healthy Aging

Howard County Office on Aging and Independence Showcase

Join us for this fun, FREE, all-ages event as we flip the script on aging!

- Free Health Screenings
- Fitness Class
- A Live Cooking Demonstration
- Interactive Art
- Cultural Performances
- A Conversation on Brain Health with Keynote Speaker Dr. William Mansbach

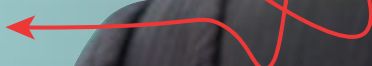
With Thanks to our Silver Sponsors.

AARP Maryland,
The Beacon Newspapers,
Bob Lucido Group, and
The Residences at Vantage Point.

FRIDAY, MAY 9
10 a.m. - 2 p.m.
The Mall in Columbia



For more details
scan here.



bit.ly/Hoco-OAM25

If you need this information in an alternate format, contact Maryland Access Point (MAP) at 410-313-1234 (voice/relay) or map@howardcountymd.gov. If you need accommodations to participate, please contact MAP at least one week in advance.

