

# Baltimore City Health Department

Division of Aging & CARE Services

## B'MORE HEALTHY Senior Nutrition Expo

**Thursday, July 21, 2016**

**10:00 A.M.-4:00 P.M.**

**\* Doors open @ 9:00 a.m.\***

### ACTIVITIES WILL INCLUDE :

- ❖ Nutrition & Health Screenings
- ❖ Community Resources
- ❖ Nutritional Services and Information
- ❖ Raffles & Giveaways
- ❖ On-site meal demonstration
- ❖ Exercise Wellness

**Free Butterball  
Gift Certificate  
to the first  
200 participants**

### Waxter Senior Center

1000 Cathedral Street, Baltimore, MD 21201

For more information please call

**410-396-1337 or  
410-396-1324**



Mayor, Stephanie Rawlings Blake



Leana S. Wen, M.D., M.Sc., Commissioner Health