



Save the Date

August 8, 2019

8:15 a.m.—2:00 p.m.

Cecil County

55+ Healthy Lifestyle Expo

at Elkton High School!

Take part in a day planned just for you!

This daylong **55+ Healthy Lifestyle Expo** event is filled with opportunities to meet community resource representatives and vendors, and talk to them about potential home repairs, Medicare, health insurance, financial planning, wellness opportunities and much more! If you've been thinking about starting or changing a fitness/exercise program, you'll have the opportunity to try different fitness classes for seniors and learn about many more programs. Lunch is included in the \$8.00 registration fee and will be provided by Café Gelato.

Registration: Pre-registration is encouraged! Please call Cecil College (410-287-1078) with registration course number **SCX100-19** or, register in person at Cecil College (Elkton Station, 107 Railroad Ave, Elkton, MD 21921) or, at the Healthy Lifestyles Fitness Center, or at the Elkton Center (Cecil County Administration Building, 200 Chesapeake Blvd, Elkton, MD 21921).

Registration Fee: \$8.00 due at time of registration



For information - contact
Tammy Rapposelli, Cecil College, at **443-907-1378**,
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or Heike Button, DCS, at **410-996-8170**,
email: hbutton@ccgov.org

