

SPRING INTO WELLNESS:

# ADULT BEHAVIORAL HEALTH EXPO



Date: Saturday, May 11, 2024 | Time: 10:00 a.m. - 2:00 p.m.  
Location: Southern Regional Technology and Recreational Complex  
7007 Bock Rd, Fort Washington, MD 20744

Looking to improve your mental and physical health? Join us for a **FREE** engaging and informative community event to enhance your well-being at every stage of life.

What to Expect:

Mental Health and Substance Use Education, Crisis Intervention and Suicide Prevention information, Health Screenings, Physical Fitness Demonstrations, Expungement Services, Nutritional Education, Financial Literacy and much more!



For more information and registration, visit [health.mypgc.us/lbha](https://health.mypgc.us/lbha) or contact (301) 856-9500.