



Rushern L. Baker, III  
County Executive



Elana Belon-Butler  
Director

# Engage at every Age

MAY 2018



## OLDER AMERICANS MONTH



You are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. Join the Older American Month celebration and learn about:

- Health & Wellness
- Technology, the Internet and Social Media– for Seniors...**Bring Your Phone, Tablets & Devices**
- Protecting Yourself From Scams, Fraud & Online Dangers
- Fitness Exercises For Seniors...**and Join in Live Demonstrations!**

**May 30, 2018**  
10:00am - 2:00pm

Camelot By Martin's  
13901 Central Avenue  
Upper Marlboro, MD

For more information:  
Call 301-265-8450

#OAM18 #DementiaFriendlyPGC