

# SPRING INTO WELLNESS: BEHAVIORAL HEALTH EXPO

**Location:** Southern Regional  
Technology and  
Recreational Complex  
7007 Bock Rd,  
Fort Washington,  
MD 20744

**Date:** Saturday, May 16th, 2026  
**Time:** 10:00a.m. - 2:00p.m.

A FREE interactive community event aimed at offering behavioral health and wellness resources to residents at every stage of life. May is Mental Health Awareness and Physical Fitness and Sports Month. At the Behavioral Health Expo, attendees will have the opportunity to participate in fun activities such as:

- Behavioral Health Resources
- Health Screening
- Food Demonstrations\*
- Zumba
- Line Dancing
- Farmer's Market\*

*\*while supplies last*



Scan the  
QR code for  
more info!

