

CELEBRATE DAD, FAMILY & OUR COMMUNITY

HOWARD
COUNTY



A We Promote Health Initiative

Family
Wellness
day



HOWARD COUNTY FAMILY WELLNESS DAY and the 18th Annual MATZOHBALL 5K

Father's Day – Sunday, June 19th, 2022

Centennial Park, Ellicott City MD

- 8 am-1 pm Booths & Activities for all ages
- 8:30 am Join us for Opening Ceremonies
- 9:00 am Matzohball 5K & 1 Mile Fun Run
- Noon "Pump-A-Thon" Coordinated by HC Fire & Rescue
(Hands Only CPR)

JOIN OUR COMMUNITY IN MAKING HEALTH A PRIORITY

www.FamilyWellnessDay.org

www.RunSignUp.com/Matzohball5k

The information is neither sponsored nor endorsed by HCPSS or the school.