

HOWARD  
COUNTY



A We Promote Health Initiative

Family  
Wellness  
day

Sunday, June 4<sup>th</sup>  
At Centennial Park,  
Ellicott City, MD

## A DAY FULL OF FUN & ACTIVITIES



8am – 2pm

Booths & Activities  
fun for all ages



9am

Matzohball 5k Run  
and 1 Mile Fun Run/Walk



NOON

PUMP-A-THON

Hands Only CPR

*Sponsored by HC Fire & Rescue*



1pm

KANGAROO KIDS  
Precision Jump Rope Team

JOIN OUR COMMUNITY IN MAKING  
HEALTH A PRIORITY

[www.FamilyWellnessDay.org](http://www.FamilyWellnessDay.org)