

PROGRAM DATES
are from **March 27**
through **June 4!**
Register NOW!

get active

HOWARD COUNTY



JOIN US FOR A SPECIAL KICK-OFF EVENT:

Sat., March 18
8am - 9:30am
Centennial Park
Ellicott City, MD
Pavilion H

For more information about Get Active Howard County

please go to
GetActiveHowardCounty.org
or call 410-988-3786.

Get Active Howard County

is a 10-week **community-wide** healthy lifestyle initiative **to increase awareness and to motivate all of us to become more active and make healthy food choices.** The 10-week jam-packed calendar of activities includes **Pilates, yoga, children activities, walks, nutrition, health education and more!**

Participants are challenged to do 30 minutes of moderate activity at least five days per week and track their minutes on-line. Up to 5,000 people are expected to take part in the program as individuals or teams made up of families, business employees, neighborhoods and villages.
For more info. please call 410-988-3786
Email info@GetActiveHowardCounty.org or go to GetActiveHowardCounty.org

You can participate for free!
Lessons, Demonstrations, Activities,
Health Screenings and more!

Get Active Howard County Partners —

