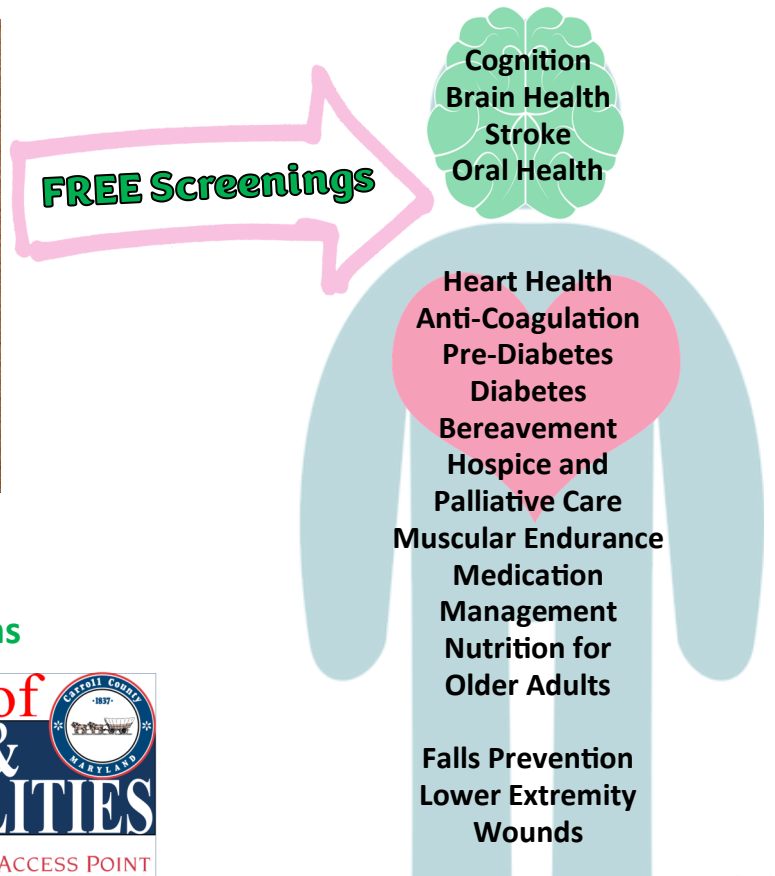


Seniors on the Go Expo

September 13, 2023—9am to 2pm
Shipley Arena—Carroll County Ag Center
Westminster, MD

Every Mind Matters

- Empathy
- Self-Care
- Emotional Health
- Exercise



- Prescription Medication Disposal
- Designated Veterans Area
- FUN Community Programs & Demonstrations
- Vendor Prize Bingo
- Grab and Go Lunches
- AND MUCH MORE!

MEDIA SPONSORS



Seniorsonthegoexpo.carrollcountymd.gov

410-386-3800

seniorexpo@carrollcountymd.gov

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The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 as soon as possible but no later than 72 hours before the scheduled event. Email: ada@carrollcountymd.gov.