Seniors on the Go Expo

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

Westminster, MD



- Empathy
- **Self-Care**
- **Emotional Health**
- Exercise



FREE Screenings

Cognition **Brain Health** Stroke **Oral Health**

Heart Health

Anti-Coagulation Pre-Diabetes Diabetes Bereavement **Hospice** and **Palliative Care Muscular Endurance** Medication Management **Nutrition for Older Adults**

> **Falls Prevention Lower Extremity** Wounds

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



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.