Montgomery County Maryland Celebrates

Active Aging Week

October 2–8, 2023

NACo 2022 ACHIEVEMENT AWARD Winner

Montgomery County is excited to celebrate International **Active Aging Week (AAW)**! Residents 50+ are invited to safely attend the FREE programs & activities that help you Go, Grow and Get Active!

Visit https://bit.ly/3QLWLuj for a calendar of events. Some programs require advanced registration.

Go, Grow & Get Active: Signature Event

Brookside Gardens
Monday, October 2, 2023

2 Sessions: 9 AM–12 PM; 2 PM–5 PM

www.mocoparks.org/GGGA-ActiveAgingWeek

Advanced registration required.

Participate in activities that will boost your physical and mental wellness through creative expression, exercise, and socialization.

Activities include:

- Laughter Yoga
- Brain Games
- Strength Training
- Walk with a Doc
- Seasonal Crafts
- Meditation
- Yoga Dance
- And More…

To learn more about changing the way you age, visit ActiveAgingWeek.com.

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