



# SPRING INTO WELLNESS: BEHAVIORAL HEALTH EXPO

**Location:** Southern Regional Technology and Recreational Complex  
7007 Bock Rd, Fort Washington, MD 20744

**Date:** Saturday, May 17th, 2025

**Time:** 10:00a.m. - 2:00p.m.

A **FREE interactive community event** aimed at offering behavioral health and wellness resources to residents at every stage of life. May is Mental Health Awareness and Physical Fitness and Sports Month. At the Behavioral Health Expo, attendees will have the opportunity to participate in fun activities such as:

- Behavioral Health providers
- Health Screening
- Food Demonstrations\*
- Mobile Kids Unit-Lawn Games
- Skating
- Zumba
- Line Dancing
- Farmer's Market\*

*\*while supplies last*



For more information, visit  
[health.mypgc.us/LBHAexpo](https://health.mypgc.us/LBHAexpo)



*live more, play more*