

THE **LIVING AND FEELING FABULOUS** PROGRAM OF
PROVIDENCE'S FORT LINCOLN FAMILY MEDICINE CENTER
INVITES YOU TO THE:

EAT HEALTHY



BE ACTIVE

WORKSHOP SERIES

FOR **SELECTED AREAS** OF PRINCE GEORGE'S COUNTY

(SEE BACK OF THIS FLYER FOR MORE INFORMATION)

SPONSORED
BY:



FORT LINCOLN FAMILY
MEDICINE CENTER
4151 BLADENSBURG ROAD
COLMAR MANOR, MD 20722

A FUN AND ENGAGING PROGRAM FOR

RESIDENTS OF:

BLADENSBURG (20710)

COLMAR MANOR (20722)

COTTAGE CITY (20722)

CAPITOL HEIGHTS (20743)

EDMONSTON (20781)

FORT WASHINGTON (20744)

OXON HILL (20745)

SUITLAND (20746)

TEMPLE HILLS (20747 AND 20748)

HYATTSVILLE (20781, 20782, 20783 AND 20785)

FREE FITNESS CLASSES AT
PROVIDENCE HOSPITAL OR
JOE'S MOVEMENT EMPORIUM
FOR WORKSHOP PARTICIPANTS!

FREE NUTRITIONAL CONSULTATIONS
WITH REGISTERED DIETICIAN!!
TO MAKE AN APPOINTMENT CALL:
FORT LINCOLN FAMILY MEDICINE CENTER
(301) 699-7700

TO REGISTER OR FOR MORE INFORMATION

CALL US TODAY!

FORT LINCOLN FAMILY MEDICINE CENTER
(301) 699-7700
PROVIDENCE HOSPITAL
(202) 534-4260

REGISTER FOR ONE OF OUR

FREE

EAT HEALTHY * BE ACTIVE WORKSHOP SERIES AT:

ST. ANN'S CENTER FOR CHILDREN, YOUTH AND FAMILIES

March 31st

April 7th, 14th, 21st, 28th

May 5th

6:00PM-7:00PM

4901 EASTERN AVENUE
HYATTSVILLE, MD 20782

FORT LINCOLN FAMILY MEDICINE CENTER

April 19th, 26th

May 3rd

10:30AM-12:30PM

4151 BLADENSBURG ROAD
COLMAR MANOR, MD 20722

JOE'S MOVEMENT EMPORIUM

April 23rd, 30th

May 7th, 14th, 21st, 28th

6:30PM-7:30PM

3309 BUNKER HILL ROAD
MOUNT RAINIER, MD 20712

PROVIDENCE HOSPITAL

May 10th, 17th, 24th

10:30AM-12:30PM

1150 VARNUM STREET, NE
WASHINGTON, DC 20017

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