

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

EAT HEALTHY BE ACTIVE

Free Workshop Series

Fun & 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 &
20748)
HYATTSVILLE (20781, 20782,
20783 & 20785)

When & Where:

ONE-TIME WORKSHOPS
GWENDOLYN BRITT
SENIOR CENTER
4009 Wallace Road
North Brentwood, MD 20722

Eating Healthy on a Budget
Sept 4th – 11am to 12pm

Physical Activity is the
Key to Living Well
Sept 11th – 11am to 12pm

Quick Healthy Meals & Snacks
Sept 18th – 11am to 12pm



When & Where:

3-SESSION WORKSHOPS
PRINCE GEORGE'S
SPORTS & LEARNING COMPLEX
8001 Sheriff Road
Landover, MD 20785

Mondays, July 28th, August 4th,
& 11th – 10am to 12pm

or
Mondays, Sept 8th, 15th,
& 22nd – 10 am to 12pm

LANGLEY PARK SENIOR
ACTIVITY CENTER
6600 Adelphi Road
Hyattsville, MD 20782

Fridays, September
5th, 12th, and 19th
10am to 12pm.

To Register & for More Information:

CALL: PROVIDENCE HOSPITAL (202)-534-4260

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THE LIVING AND FEELING FABULOUS
PROGRAM IS SPONSORED BY:



Fort Lincoln Family Medicine Center
4151 Bladensburg Road
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