

HARFORD'S PREMIER HEALTHY LIFESTYLE EVENT

6th Annual Healthy Harford Day



Healthy Harford
LIVE WELL. BE WELL.

Saturday, September 24 | 9 am - 1 pm

119 South Hays Street | Bel Air

(Next to Bel Air Farmers' Market)

A relaxing, fun and family friendly event!

From free exercise classes and health screenings to cooking demos and CPR lessons, join us to learn how you can get and stay healthy.

Lots of children's activities, including a bounce house, kid's bike rodeo, bike helmet fittings, kid's yoga and more!

**For more information visit us online at
healthyharford.org**

Community Partners

