

# Salem's Community Health and Wellness Fair

Healthy Transformations - On Wings and a Prayer

Saturday, June 13th 10:00 am - 2:00 pm

Salem United Methodist Church- 25 South Main Street; Keedysville, MD

301 432-4046 salemumc@salemcommunity.org

www.salemcommunity.org

Eight Week  
Weight Loss Challenge and  
Walk it Off Kickoff

Games  
and  
Making Health Kits

Maryland  
Cooperative Extension  
Healthy Homes  
11:00 am  
Spending Less, Eating Better  
1:00 pm

Carter's Creations  
Relaxation Candles

Arbonne International  
Skin Care Products

## Washington County Health Resource Information:

Alzheimer's Association  
Big Brothers/Big Sisters  
Home Health Care  
Hospice of Washington County  
Maryland Coalition of Families Program  
Maryland Physician Care  
Medication Assistance Center  
Priority Partners  
SUMC Stephen's Ministry  
Walnut Street Community Health Center  
Diabetes Coalition  
Washington County Community Mediation Center  
Washington County Free Library  
Washington County Health Department  
Dental Program- dental supplies give away, dental education info  
Maryland's Children Health Program

Healthy Snacks and Refreshments  
How to Build a Salad Table  
Cooking Demonstration

Blood Pressure Checks  
Hearing Testing