



# Community Wellness Day

Join us for a **FREE** spring health and wellness fair to begin your journey to good health.

**Saturday, May 6, 2023 | 10am - 1pm**

Outpatient Care Center at UM BWMC  
255 Hospital Drive | Glen Burnie

**Register for a chance to win a special giveaway bag!**

Visit [umbwmc.org/wellnessday](http://umbwmc.org/wellnessday)



## Screenings

- Carotid artery
- HIV
- Blood pressure
- Skin checks

## Education tables

- Diabetes
- Mental health
- Nutrition
- Women's health
- CPR demonstration

## And more!

- Food distribution boxes
- Grab and go meal
- Face painting
- Kids activities
- Live DJ

