

Harford County Minority Health UPCOMING

EVENTS

*Check Out Our
Upcoming Events
for 2024!*

September Routine and Structure

2024

Back to School

Join us as we create a routine establishing a sense of relaxation and improving your selfcare. We will discuss healthy sleep as a new season begins.

October Embracing Change

2024

Reflect on personal growth: Just as leaves change color, consider how you've grown and evolved over the past year. Join us as we set new goals for the upcoming year, whether it is personal or professional.

November I YOU WE MATTER Youth Symposium

2024

You are invited to join us for our Youth Symposium for the young girls in Middle to High School. We will discuss more about self-care and mental health.



RSVP at the QR
Code Above!

LEARN MORE

Visit www.harfordcountyhealth.com



Public Health
Prevent. Promote. Protect.
Harford County
Health Department

September - Discover a Healthier You

Join us for an empowering event where you'll learn a better daily routine & sleep tips. Improve your mental health with simple changes! The event is free of charge and attendees will receive special giveaways! RSVP today.

Topics Covered:

- Creating a daily routine
- Learn how small changes can make a big impact
- Better sleep strategies: Practical tips to improve your sleep quality
- Mental health benefits: Understand how routine and rest support mental well-being

September 11th @ 2:00pm

Somerset Manor
101 Stansbury Ct.
Havre De Grace, MD. 21078

September 17th @ 2:00pm

Windsor Valley
570 Meadowood Rd.
Edgewood MD. 21040



RSVP for the Sept/Oct events
at the QR Code Above!

October - Reflect and Renew: A New Year, A New You!

Join us as we take time to reflect on our personal and professional growth and set new goals for the upcoming year. Whether your focus is personal or professional, you have grown and evolved—now let's make a great plan for the year ahead! Start your new year with purpose and positivity.

Topics Covered:

- Practicing gratitude and positive affirmation
- Managing stress and building resilience
- Cultivating self-compassion and forgiveness

October 8th @ 2:00pm

Windsor Valley
570 Meadowood Rd.
Edgewood MD. 21040

October 9th @ 2:00pm

Somerset Manor
101 Stansbury Ct.
Havre De Grace, MD. 21078

November - I You We Matter Youth Symposium

Calling all Harford County young ladies! Save the date for our FOURTH annual I You We Matter Youth Symposium. "Be a part of something bigger than yourself." Theme: Pajama Party. More details to come!

Friday, November 22nd @ 6:30pm

The Ward Y in Abingdon
101 Walter Ward Blvd
Abingdon MD. 21009