

# Health and *Fitness Series*

Click the links or scan the QR codes to register!



**Yoga: Wednesdays at 10 am**

**Low Impact: Thursdays at 11:30 am**



**Zumba: Fridays at 11 am**

**Tai Chi: Saturdays at 9am**



Register with Gabriellia McNeil at [gmcneil@mcfarlandassociate.com](mailto:gmcneil@mcfarlandassociate.com)  
or scan the QR codes to register!

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Meeting Accessibility Policy: Montgomery County will provide sign language interpreters and other auxiliary aids or services upon request--with as much advance notice as possible, preferably within at least three (3) business days before the event. Contact Dr. Ikenna Myers, Program Manager for the African American Health Program at 240-777-1701 or send a request to [Ikenna.Myers@montgomerycountymd.gov](mailto:Ikenna.Myers@montgomerycountymd.gov). Taking these steps will help us have sufficient time to best meet your needs.

