



AUGUST 2022

Potomac Towers Activity Nutrition Site

Ernest Brown, Site Specialist Site Phone 301-573-6592

11 West Baltimore Street, Hagerstown, MD 21740

Hours M-W-F 9:00 am to 1:00 pm

1 Grab & Go Meal	2 Site Closed	3 Grab & Go Meal Nutrition Ed. #1 Handout <i>Tomato Facts</i>	4 Site Closed	5 Grab & Go Meal
8 Grab & Go Meal	9 Site Closed	10 Grab & Go Meal Nutrition Ed. #2 Handout <i>Better Beverage Choices</i>	11 Site Closed	12 Grab & Go Meal
15 Grab & Go Meal	16 Site Closed	17 Grab & Go Meal Nutrition Ed. #3 Handout <i>Fruits & Veggies Info</i>	18 Site Closed	19 10:00 Nurse Kim T. Eat Better On A Budget & BP, O2 Check Grab & Go Meal
22 Grab & Go Meal	23 Site Closed	24 Grab & Go Meal	25 Site Closed	26 Grab & Go Meal
29 Grab & Go Meal	30 Site Closed	31 Grab & Go Meal	<p><u>Masks are Required at Sites</u></p> <p>Masks must be worn properly to cover the nose and mouth. Thank you for keeping yourself and others safe & healthy!</p> 	

Washington County Commission on Aging, Inc./Area Agency on Aging



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