

# Harford County Minority Health

# UPCOMING

## EVENTS

**Check Out Our  
Upcoming Events  
for 2023!**

### **February** Crockpot Throw down

**2023**

We will celebrate American Heart Month with a Crockpot "Throw down" to give you healthier ideas and recipes that you can make utilizing a crockpot. Come join us!

### **March** Smoothie Sip & Paint

**2023**

*Enjoy the beginning of the Spring season by joining us for a Smoothie Sip and Paint where we will use some healthier ingredients to make smoothies. Come get your "sip" on and destress a little while painting.*

**April**

**2023**

### Youth Symposium Round 2

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

*For more information:*  
Visit [harfordcountyhealth.com](http://harfordcountyhealth.com)



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

