

SATURDAY, MAY 31, 2025

MONTGOMERY COLLEGE GERMANTOWN CAMPUS

8:00 AM - 3:00 PM

TIME	ACTIVITY	LOCATION
8:00 AM - 8:45 AM	AAHP and GirlTREK Walk	Front Entrance
8:30 AM	Onsite Registration/Check-in	Lobby
9:00 AM - 9:05 AM	Youth Drum Circle	Main Room (Room 151/152)
9:05 AM - 10:30 AM	Opening Remarks	Main Room (Room 151/152)
	5 min Breathing Exercise	
	Keynote Address Dr. Nina Ashford, Chief, Public Health Services MCDHHS	
	Panel Discussion - Healthy Heart and Living Well	
10:30 AM - 2:30 PM	Exhibit Hall	Main Room (Room 151/152)
	Health Screenings	Hall B



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TIME	ACTIVITY	LOCATION
10:30 AM - 2:30 PM	Stretch Lab	2nd Floor
	CPR Demo	
	Zen: Living Well Lounge	Hall A Room 160
	DJ One Luv Music	Main Room (Room 151/152)
11:00 AM -11:50 AM	Workshop - Mind Matters: Empower, Educate, Elevate	Hall A Room 162
	Workshop - Estate Planning through the Decades	Hall C Room 110
	Workshop - What you don't know could kill you	Hall C Room 107
	Workshop - Oral Health - HIV/AIDS/Diabetes	Hall C Room 114



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GERMANTOWN CAMPOS			
TIME	ACTIVITY	LOCATION	
11:00 AM - 1:00 PM	Lunch	Hall A	
11:30 AM - 12:30 PM	Self Defense	Hall A Room 163	
12:45 PM - 1:15 PM 1:45 PM - 2:15 PM	Food Demostration - Healthy Snacks	Hall C Room 114	
1:00 PM - 1:50 PM	Who you going to call: Stress Busters	Hall A Room 162	
	Workshop - Money Matters: Financial Strategies to Business Opportuntiesi	Hall C Room 107	
	Workshop - Let's Talk about Mental Health, Suicide, and Wellness	Hall C Room 110	
1:15 PM - 2:00 PM	Yoga	Hall A Room 163	
	Line Dancing	Main Room (Room 151/152)	
2:30 PM - 3:00 PM	Recognition Ceremony	Main Room (Room151/152)	



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MOBILE VANS

LIONS CLUB (HEARING/VISION) BLOOD DRIVE COPE TRAILER MANNA FOOD

ENGAGEMENT

EMPLOYMENT RESOURCES EXHIBIT HALL HEALTH SCREENINGS YOUTH ACTIVITIES THE LIVING WELL LOUNGE

MOVE YOUR BODY

KICK OFF WALK SELF DEFENSE YOGA LINE DANCING 360 CAMERA BOOTH

WORKSHOPS

MENTAL WELLNESS FINANCIAL LITERACY EPIGENETICS ORAL HEALTH



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