

**FREE
EVENTS ALL
WEEK LONG**

www.healthycitydays.com
or 410-616-8953 for more details.



HEALTHY CITY DAYS

September 30th – October 7th

There's something for everyone...just look and see.

SEPTEMBER

**30th
FRIDAY**

TAKE A LOVED ONE TO THE DOCTOR DAY
10:00AM – 3:00PM

Compliments of The University of Maryland Medical System

Walk over to University Plaza Park (Greene & West Redwood Streets) for one-on-one time with doctors, as well as FREE vascular, prostate, cholesterol and other screenings.

OCTOBER

1st

SATURDAY

**9:00AM – 2:00PM
St. Agnes Hospital's 150th Anniversary Health Fair**

Enjoy free screenings, health and wellness tips, kids' activities and more, 900 Caton Ave., 21229

**10:00AM – 2:00PM
Healthy First Saturday at Port Discovery Children's Museum**

Free, fun, interactive health activities for families in the Atrium. (Museum admission not included.)

2nd

SUNDAY

**9:00AM – 11:00AM
Teach Learn Play 5K & Fun Run**

Run or walk for recess with Playworks! To register: <http://www.playworks.org/make-recess-count/play/playworks-baltimore>

ULTIMATE BLOCK PARTY
11:00AM – 5:00PM

Celebrate the art and science of play. FREE fun for the whole family at Inner Harbor's Rash Field.

OCTOBER

3rd

MONDAY

9:00AM – 12:00PM
FREE health screenings and counseling at Dept. of Social Services: Dunbar Orangeville Site

STEP OUT WITH THE MAYOR AND CITY COUNCIL
11:30AM – 12:30PM

Kick-off a healthy week of fun as the Mayor and City Council lead walkers on a festive jaunt through downtown. Grab some friends and meet at City Hall, rain or shine. Walkers will receive great giveaways and health tips.

1:00 PM – 3:30 PM
Fun, informative, interactive Health Fair at **Enoch Pratt's Pennsylvania Ave. Branch.** FREE screenings and giveaways. 1531 W. North Ave., 21217

6:30 PM – 9:30 PM
Join the Enoch Pratt Library and Johns Hopkins Disparities Center for a symposium featuring Dr. Augustus White about improving cultural competence in health care and eliminating health disparities. Enoch Pratt's Central Library, 400 Cathedral St., 21201. www.prattlibrary.org

4th

TUESDAY

9:00AM – 12:00PM
FREE health screenings and counseling at Dept. of Social Services: Harbor View Site and Hilton Heights Site

10:00AM – 1:00PM
Fun, informative, interactive Health Fair at **Enoch Pratt's Central Library.** FREE screenings and giveaways. 400 Cathedral St., 21201

WORK OUT AT THE INNER HARBOR W/ FITNESS GURU MONTE SANDERS
11:30AM – 1:00PM
Work your body and wear pink to show your support for Breast Cancer Awareness Month.

12:00PM – 3:00PM
FREE health screenings and counseling at Dept. of Social Services: Ready by 21 Site

4:00PM – 6:00PM
American Heart Association's Recess Baltimore program will kick off a year-long partnership to fight childhood obesity with an afternoon of fitness activities for kids. For more information: 410-637-4569.

6:00PM
It's Not Your Mother's Mammogram
Join Harbor Hospital's Chief of Oncology to learn about breast health. Baum Auditorium @ Harbor Hospital.

5th

WEDNESDAY

9:00AM – 12:00PM
FREE blood pressure and BMI screenings and counseling at Dept. of Social Services: Northwest Site & Penn North Site

CITY HALL HEALTH FAIR

9:30AM – 3:00PM
FREE Health Fair with multiple screenings, information & giveaways. (Open to the public with photo id)

12:00PM – 3:00PM
FREE health screenings and counseling at Dept. of Social Services: Harford North Site and Clifton Johnston Square Site

1:30PM – 4:30PM
Fun, informative, interactive Health Fair at **Enoch Pratt's Waverly Branch.** FREE screenings and giveaways. 400 E. 33rd St., 21218

2:00PM – 4:00PM
Join Sinai Hospital for FREE health screenings @ **Enoch Pratt's Reisterstown Rd. Branch,** 6310 Reisterstown Rd., 21215

6th

THURSDAY

WALK YOUR CHILD TO SCHOOL... BIKE YOURSELF TO WORK.

Get out and move today. Make some time to live healthier!!!
Downtown bikers, stop by Waterfront Partnership's Harbor East "a smarter way to get there" pit stop from 7:30 to 9 a.m. for breakfast treats and commuting tips!

9:00AM – 12:00PM
FREE blood pressure and BMI screenings and counseling at Dept. of Social Services: Southwest Site

BALTIMORE'S SENIORS ROCK THE CITY
10:00AM – 2:00PM
If you think that being a senior citizen means slowing down, you ain't seen nothing yet. Join Molly Shattuck and Baltimore's hippest seniors as they ROCK the Roosevelt Park Recreation Center, 1221 W. 36th St.

1:00PM – 4:30PM
Fun, informative, interactive Health Fair at **Enoch Pratt's Southeast Anchor Branch.** FREE screenings and giveaways. 3601 Eastern Ave., 21224

7th

FRIDAY

MOBILES AT MONDADMIN
11:30AM – 1:30PM
Last chance for FREE Health Screenings. Walk, run, drive or ride the metro and take advantage of all the mobile health units have to offer. Mondawmin Mall parking lot near the metro entrance.

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MAYOR

