



# *Health & Wellness Program*

*Scan to learn more*



*Want to eat healthier?*

*Want to lose weight?*

*Improve your overall health?*

***Our Program Can Help***



*Exercise Program*



*Cooking and Nutrition*



*Health and Wellness*

[www.thebridge2life.org](http://www.thebridge2life.org)



*2131 Old Edgewood Rd  
Edgewood, MD 21040*

*Sponsored by the MDH Office of Minority Health & Health Disparities*