



MOVE MONTGOMERY

# HEALTH & WELLNESS SYMPOSIUM

March 27, 2021

9AM-9:50AM

**HEALTH PANEL Q&A**

9:55AM-10:55AM

**HEALTHY EATING/COOKING  
DEMONSTRATION**

11AM-12PM

**FITNESS DEMONSTRATION**

The purpose of the Move Montgomery Wellness Symposium is to provide an inclusive and accessible conference on community health matters. As we yet remain in COVID19, education on the virus and the vaccine will be a central focus. However, the wellness symposium will not be limited to conversations on COVID 19. Heart health, exercise and cooking demonstrations will be built into the program.