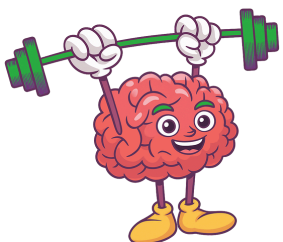


CHARTER HOUSE

1316 FENWICK LN, SILVER SPRING, MD 20910



FREE HEALTH SCREENINGS & BRAIN BOOST BOOT CAMP

Join Us



All Are Welcome!

Third Wednesdays
Nov 19, 2025 | Dec 17, 2025

11:00 AM – 1:00 PM

Free Health Screenings

(Blood Pressure, Glucose, and Cholesterol)

1:00 PM – 2:00 PM

Resilient Health Communities presents:

Brain Boost Boot Camp

(using the Stronger Memory Workbook)

For Information:

Charter House Contact:

edgar.awumey@ahcinc.org

571-384-7219

AAHP Aging Subcommittee:

240-777-1833

In partnership with:




**African American
Health Program**
Aging Subcommittee



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