

BIKE TO WORK & WELLNESS DAY

MAY 17, 2024



VILLAGE GREEN
100 WALTER THOMAS ROAD
INDIAN HEAD, MD 20640

BIKE TO WORK 6:00 AM - 10:00 AM

WELLNESS DAY 10:00 AM - 2:00 PM

TRISHAW RIDE DEMO
CYCLING WITHOUT AGE 10:00 AM - 12:00 PM

ARTHRITIS FOUNDATION EXERCISE PROGRAM
CHARLES COUNTY DEPARTMENT OF AGING 10:15 AM - 10:45 AM

CHAIR YOGA FOR STRENGTH
CHARLES COUNTY DEPARTMENT OF AGING 11:00 AM - 11:30 AM

TAI CHI
CHARLES COUNTY SENIOR CENTER STAFF 11:45 AM - 12:15 PM

LUNCH & SHOW*
THE SILVER LEGENDS DANCE GROUP 12:15 PM - 12:45 PM

RAIL TRAIL BIKE RIDE
CHARLES COUNTY SENIOR CENTER STAFF 1:00 PM - 2:00 PM

***WELLNESS DAY LUNCH REGISTRATION REQUIRED**

To register, email Nate Schultz at schultzn@charlescountymd.gov

Brought to you in partnership with
"Bike to Work Day 2024"

Tri-County Council for Southern Maryland, The Town of Indian Head,
& Charles County Government

REGISTER SEPARATELY FOR BIKE TO WORK DAY AT WWW.BIKETOWORKMETRODC.ORG