

# 2024 HSMP Annual Meeting

Aging Well: Exploring Health & Resilience Through The Lifespan

Thursday, September 26, 2024



<b>8:30 - 9:00</b>	Registration & Networking	
<b>9:00 – 9:30</b>	Opening Session: Healthy St. Mary’s Partnership Updates	
<b>9:30 – 10:15</b>	Keynote Session: The YMCA's Commitment to Strengthening Communities for All	
<b>10:15 - 10:30</b>	Break	
<b>10:30 – 11:15</b>	Bridging the Gap: Aging in St. Mary’s	Stronger Together: Building Family Wellness
<b>11:15 - 11:30</b>	Break	
<b>11:30 – 12:15</b>	Maneuvering Rural Healthcare: Your Way Around School-Based Health Centers	Care About Air: Focusing on Indoor Air Quality
<b>12:15 – 1:00</b>	Lunch Break	
<b>1:00 – 1:45</b>	Plenary Session: Building Strong and Resilient Youth in St. Mary’s County Panel	
<b>1:45 – 2:00</b>	Closing Remarks & Evaluations	