



Navigating the Healthy Montgomery Events Calendar:



Search the Healthy Montgomery Community Events Calendar using the following search terms. These search terms are based on the tag designations associated with the events posted on the calendar.

In addition to the search terms, you may also search the calendar by location, facility name, or event name.

Hint: Click a "tag" on the calendar you would like to view more listings for.

The following list is meant to serve as a guide. It does not include every type of event listed. To submit an event please review the calendar submission guidelines.

RECOMMENDED SEARCH OPTIONS- Listing of Tags and Terms Used

Search by Location (Examples): Recreation Center, Hospital (MedStar Montgomery, Suburban, Holy Cross, Adventist HealthCare), Senior Center, Regional Services, Recreation Center, Community Center, and others.

Search by Audience:

Seniors, Teens, Adolescents, Children, Families, Youth, Adults, Caregiver, Parents, Couples

Search by Key Words:

Wellness

Parks & Recreation

Health Literacy, Financial Literacy

Health Promotion, Health Education

Diabetes (Pre-Diabetes), Obesity, Maternal & Infant Health, Chronic Disease, Behavioral Health, Cancer

Language

Physical Activity, Exercise, Fitness, Strength Training, Fitness & Weight

Volunteer

Educational Class, Seminar, Workshop, Session

Screenings (blood pressure, glucose, HIV, cancer, etc)

Support Groups, Grief Support

CPR & First Aid

Heart & Vascular

Women's Health

Maternity & Childbirth

Labor & Delivery

Pregnancy

Breastfeeding, Childcare

Nutrition

Orthopedics

Pediatrics

Rehabilitation

Self-Improvement, Self-Management

Special Events

Workshop, Seminar, Class, Lecture, Meeting

Healthy Montgomery Steering Committee (HMSC)

Emergency Preparedness

Healthy Montgomery Staff.

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www.healthymontgomery.org