

EATING FRESH FRUITS AND VEGETABLES
CAN LOWER YOUR RISK FOR DISEASE!



JOIN US!

STOP BY THIS SUMMER AT ONE OF OUR
LOCATIONS AND RECEIVE A BOX OF
FREE LOCALLY GROWN FRUITS AND
VEGETABLES



August 4 at PD Brown 10am-12pm

50 Village St., Waldorf, MD 20602

August 11 at the Dept. of Social Services 10am-12pm

200 Kent Ave., La Plata, MD 20646

August 18 at Nanjemoy Community Center 10am-12pm

4375 Port Tobacco Rd., Nanjemoy, MD 20662



Follow us on **Healthy Charles County**
for updates!

