



Movement & Exercise Programs

Fun Run with Feet First Sports

Join us for our weekly Fun Runs every Thursday! We meet up at Feet First at 5:45 pm and take off at 6! Choose your distance (2, 3, 4, or 6 miles)! Call 410-992-5800 for more information!

Walking with East Columbia Branch & 50+ Center

Let's get up and walk together every Monday at 9:30am to 10:30am. Meet outside by the front walkway at the East Columbia Branch Library. Call 410-313-7700 for more information.

Monday Morning Meanderings

Group walk around Lake Elkhorn to start your week off on the right foot from the The Village in Howard. Meet at the dock for Lake Elkhorn at 9:00am every Monday. Call 301-980-0622 for more information.

Howard County Great Outdoors Initiative

Get outside and active for at least 15 minutes each day starting in October! Find a trail, kayak, fish, fly a kite or go geocaching at a Howard County Rec and Park near you! Call 410-313-1769 for more information.

Howard County LHIC
Local Health Improvement Coalition



For more physical activity programs visit <https://findhcreources.org/> or aim your phone at the QR code !

