March 13, 2024

LHIC Coalition and Work Group Members - Please see below for upcoming webinars and resources. We encourage you to consider participating and to share these opportunities with your stakeholders and others in the community. If you have programs or opportunities that you would like to submit, please send them via email to [lhic@howardcountymd.gov](mailto:lhic@howardcountymd.gov).

**LOCAL RESOURCES AND MEMBER ANNOUNCEMENTS**

* Nutrition resources for people living with chronic conditions are available on the LHIC website. [Link](https://www.hclhic.org/healthy/chronic-disease/248).
* Project Literacy, the adult education initiative of Howard County Library Systems teaching adults how to improve their English language skill is still open for enrollment [Link](https://forms.office.com/pages/responsepage.aspx?id=NDiqaUrHpkK3_s37lUEFKkiJmKl8LeRKnqe8XJMUewhUOVFQOEhHMFhMUlRCSVpVQVc5QkM4Q0cyNCQlQCN0PWcu).
* The Office on Aging & Independence (OAI) National Nutrition Month podcast episode is available. [Link](https://www.buzzsprout.com/2199616/14602443).
* Community Ecology Institute’s (CEI) Roots & Wings Summer Camp is open for registration. [Link](https://www.communityecologyinstitute.org/roots-and-wings.html?mc_cid=12515e12b3&mc_eid=1a2b12a8c5)
* University of Maryland’s Horowitz Center for Health Literacy has a consumer health information hub available for community organizations. [Link](https://sph.umd.edu/research-impact/research-centers/horowitz-center-health-literacy/consumer-health-information-hub).
* Maryland Living Well Center of Excellence is offering a Powerful Tools for Caregivers workshop in May. [Link](https://mdlivingwell.org/HUB/).
* Accessible Resource for Independence will be hosting a Living Well in the Community Workshop series for individuals living with disabilities. [Link](https://docs.google.com/forms/d/e/1FAIpQLSdUIdakFJKbmK4laU8KTZIDV4CWcIW2vBxc65FyhfYhVa2Gxw/viewform?pli=1).
* Maryland Center for Developmental Disabilities 2024 Annual Learning Series registration is open. [Link](https://www.kennedykrieger.org/community/initiatives/maryland-center-developmental-disabilities/2024-annual-learning-series).
* The Office of Children and Families 2024 Parent’s Guide is available for parents and caregivers. [Link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001Olc2x-Ipcx6S3qDx70ZBMILYU4KaZoDO0GQkNUWXM2kYTpL6hKEw1pealxVDQaZ-rtEdkA71gJTd-LqhnJCFrHPPrPCqlU8CF-bxvBRxdW7Y0Q6nI-lw0w0Yqa7O6RJBFIPJLL3cP-hJEfVeTjj7gg%3D%3D%26c%3Dirlfd_NQIVNzjdq0RWTyekF_KGeP8W57-KmyXu8cf1rM2tDJkNaoAA%3D%3D%26ch%3DyTE6RwQPnloragESK3v_yCEyEVT9KRRVm0PK4SMaL60OT1nDj-zQrg%3D%3D&data=05%7C01%7Cslloyd%40howardcountymd.gov%7C4947d22d176b48f226fe08dbf2810928%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638370409527873494%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C2000%7C%7C%7C&sdata=9MexN53m6ymDCIQ89vVM8Zj6Ygo%2B3Ax3DrjguUKsr9M%3D&reserved=0).
* The Howard County Family Support Center is now open at 9790 Patuxent Woods Drive, Columbia 21046. [Link](https://www.howardcountymd.gov/children-families/family-support-center).
* The Autism Society of Maryland host Yoga Connections every Saturday from 3:30 to 4:30pm, virtual. [Link](https://autismsocietymd.org/event/yoga-connections-virtual/2024-03-09/).
* The Governor’s Commission on Suicide Prevention will be held virtually on March 20 from 1:00 to 3:00pm. [Link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fhqin.us14.list-manage.com%2Ftrack%2Fclick%3Fu%3Dbcb2517ddbb0d4ba3a6ead088%26id%3D4d399c2fac%26e%3Dc0f22d277e&data=05%7C02%7Cslloyd%40howardcountymd.gov%7C0d67afefd7534da7f69b08dbf8208474%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638376591128286177%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000%7C%7C%7C&sdata=bUVLnSJXSkPtDv3wPYOph%2Fyn%2BBgex8HTXysciTuQLYI%3D&reserved=0).

**FUNDING OPPORTUNITIES**

**Title: Prevention Technology Transfer Centers Cooperative Agreements**

**Description:** The purpose of this program is to maintain and enhance the PTTC Network to provide training and technical assistance services to the substance misuse prevention field including professionals/pre-professionals, organizations, and others in the prevention community that serve and support children, youth, young adults, families, parents, and other adults. Recipients will be expected to work directly with SAMHSA and across the PTTC Network on activities aimed at improving the implementation and delivery of effective substance misuse prevention interventions.

**Applications Deadline:** Wednesday, April 24, 2024. [Apply](https://www.samhsa.gov/grants/grant-announcements/sp-24-002?mkt_tok=NzczLU1KRi0zNzkAAAGRmmqTRmYxezqCW2YeDxtM3rS1tWOfgMgi-NYIBZY7_XC8g92Hthuy9V3NDpjyDereJvGmT04rgwkRBbIf7DIh5Uu4x3n367s2nf_H377mRYbO)

**Title: Community Programs for Outreach and Intervention with Youth and Young Adults at Clinical High Risk for Psychosis**

**Description:** The purpose of this program is to provide trauma-informed, evidence-based interventions to youth and young adults (up to 25 years of age) who are at clinical high risk for psychosis. Recipients will be expected to use evidence-based interventions to: (1) improve symptomatic and behavioral functioning; (2) enable youth and young adults to resume age-appropriate social, academic, and/or vocational activities; (3) delay or prevent the onset of psychosis; and (4) minimize the duration of untreated psychosis for those who develop psychotic symptoms.

**Applications Deadline:** Monday, April 08, 2024. [Apply](https://www.samhsa.gov/grants/grant-announcements/sm-24-007?mkt_tok=NzczLU1KRi0zNzkAAAGRmmqTRzIkAetB5fqMGY12qUI99ImEI_OB2Csb69D4KOZGYUIK-qZe4U22t5XSP5dbYDJJsu6xVSdxTh_R5Isti_CpzisLM2u6GKOucrfTnVvE)

**Title: First Responders – Comprehensive Addiction and Recovery Act**

**Description:** The purpose of this program is to provide resources to support first responders and members of other key community sectors on training, administering, and distributing naloxone and other Food and Drug Administration (FDA)-approved overdose reversal medications or devices. Recipients will be expected to establish processes, protocols, and mechanisms for warm hand-off referrals to appropriate treatment, recovery, harm reduction, and other psychosocial resource support services. Recipients will also provide safety education around fentanyl, synthetic opioids, and other drug trends associated with overdoses.

**Applications Deadline:** Monday, April 15, 2024. [Apply](https://www.samhsa.gov/grants/grant-announcements/ti-24-006?mkt_tok=NzczLU1KRi0zNzkAAAGRmmqTR_YqnDmxpuTXDb1lfeJsHxqHVHjXmIzKrV3_ljC1yf3dyKq2WS2dJ8EEfGYttcZuXAUIl8YtVA1TC7kAzC6QD8VI4LlhSXYvA-yK_hTf)

**EVENTS, TRAININGS, WEBINARS, SELF-PACED COURSES AND SUPPORT PROGRAMS**

***Events below may not be hosted or provided by HCLHIC. If you have any questions about***

***these events, please contact the event organizers directly.***

**HEALTHY BEGINNINGS**

**Title: Play Partners (infant-23 months with adult)**

**Description:** The Howard County Library System offers the Play Partners series for newborns and toddlers to learn how to express feelings, language, and movement through stories, baby games, musical activities, and playtime. Located in the Seahorse Children’s Classroom at the Elkridge branch library. Ticket required.

**Date/Time:** Monday, March 18, 2024, 10:15am – 10:45am

Register using the [link](https://howardcounty.librarycalendar.com/event/play-partners-infant-23-months-adult-tk-209031).

**Title: HCPSS Family Resource and Wellness Fair**

**Description:** Join us at Cedar Lane School in Fulton for the Family Resource Fair for families of students receiving special education, speech, hearing, vision, and adapted PE services. Learn about equipment, resources, and tools available in the community and within HCPSS; connect with community activities for students; and get wellness and health-related information.

**Date/Time:** Saturday, March 16, 2024, 10:00am – 2:00pm

Register using the [link](https://www.hcpss.org/special-education/calendar/).

**Title: Howard County Kids Fest**

**Description:** Have a blast with the family at the annual Kid’s Fest. Enjoy sports instruction, games, activities, arts and crafts, food, and more. Onsite registration is cashless. In the event of inclement weather, Kid’s Fest will be canceled, and a full refund will be issued.

**Cost:** Pre-Registration: $8 per child (2-12 years of age) Day of Event (on-site): Cashless or online $10 per child (2-12 years of age)

**Date/Time:** Saturday, March 30, 2024, 11:00am – 2:00pm

Register using the [link](https://www.howardcountymd.gov/kids-fest).

**Title: Assuring A Child Welfare Competent Mental Health Workforce: An Overview of the National Adoption Competency Mental Health Training (NTI)**

**Description**: This interactive and engaging webinar highlights The challenges faced by adopted, foster, and guardianship families and the National Adoption Competency Mental Health Training Initiative (NTI) which aims to provide the foundational knowledge, skills, and understanding necessary to improve assessment and intervention, ultimately promoting family stability and the well-being of children and youth in foster care, adoptive, and guardianship relationships.

**Date/Time:** Tuesday, March 19, 2024, 2:00pm – 3:00pm

Register using the [link](https://us06web.zoom.us/meeting/register/tZAkduiupzsvG9Di4THm8XQHKnHM1tSPngfm?utm_source=SAMHSA&utm_campaign=e8759c141c-EMAIL_CAMPAIGN_2024_03_06_07_50&utm_medium=email&utm_term=0_-e8759c141c-%5BLIST_EMAIL_ID%5D#/registration).

**HEALTHY LIVING**

**Title: Living Well Chronic Disease Self-Management Workshop**

**Description:** Living Well is a free community-based workshop offered in a small group setting to help adults learn how to manage their chronic health conditions. This six-week session is offered in Korean for people living with one or more chronic conditions and/or their caregivers.

**Date/Time:** March 14, 2024 through April 18, 2024, 10:00a.m. to 12:00pm

Register using the[link](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/131402?onlineSiteId=0&from_original_cui=true).

**Title: Excelerator Training Series- Financial Sustainability, Part 1: Taking the Fear Out of Fundraising**

**(Registration is required)**

**Description:** This series is designed to build your confidence in your fundraising capabilities and give you the tools and resources to succeed! Fundraising is often the thing most nonprofit leaders - and their Board of Directors - dread the most but it is a critical function of every nonprofit.

**Date/Time:** Tuesday, March 26, 9:30am – 12:30pm

Register using the [link](https://members.acshoco.org/event-5641445/Registration).

**Title: Treatment Strategies in Primary Care: Nicotine Replacement Therapy & NAC Treatment for Cannabis Use Disorder**

**Description:** Join Drs. Fanburg and Hagler on April 2nd for a lunch and learn session to learn about and discuss medications that may help your patients QUIT. Participants will review evidence and expert recommendations for treatment of Nicotine Use Disorder, Cannabis Use Disorder and learn Tips and Tricks to support patients.

**Date/Time:** Tuesday, April 2nd, 2024 12:00pm – 1:00pm

Register using the [link](https://www.nephtc.org/enrol/index.php?id=382).

**Title: 2024 Physical Activity & Public Health Practitioner Course**

**Description:** This 4-day course is for practitioners who are involved or interested in policy, systems, and environmental approaches to promoting physical activity in communities.Topics include public health models for physical activity promotion, evidence-based and best practice intervention strategies, policy and environmental supports for physical activity, program evaluation, and partnership development.

**Date/Time:** September 14-18, 2024

Register using the [link](https://web.asph.sc.edu/paph/practitioner-course/).

**Title: Fight Back**

**Description:** Calling all women to a special women's month self-defense session!

To help you feel more powerful and secure, you'll learn basic fighting stance, movement, striking, groundwork, wrestling, de-escalation, verbal advocacy and solutions to self-defense scenarios. Our goal is to make you feel powerful, and secure!

**Date/Time:** Wednesday, March 20, 2024, 8:00am – 8:45am

Register using the [link](https://columbiaassociation.org/explore-columbia/event-calendar/#event=77413734;instance=20240320200000?popup=1).

**HEALTHY MINDS**

**Title: The Trevor Project CARE Training**

**Description**: The Behavioral Health Administration's Office of Suicide Prevention has partnered with The Trevor Project to offer free Ally and CARE(Connect, Adapt, Respond, Empower) trainings on supporting LGBTQ+ youth.The CARE Training provides an overview of suicide among LGBTQ+ youth.

**Date/Time:** Thursday, April 18, 10:00am – 12:00pm

Register using the [link](https://www.eventbrite.com/e/the-trevor-project-care-training-tickets-689624554607).

**Title: HC Drug Free presents Guiding Good Choices**

**(Registration is required)**

**Description:** This series is for Howard County parents, guardians, and grandparents of nine- to 14-year-olds. Guiding Good Choices® is an interactive prevention program that helps you build a stronger bond with your child, while also providing skills proven to reduce the risk of children engaging in substance use or other risky behaviors

**Date/Time:** March 12, 2024 – April 16, 2024, 12:00pm – 1:30pm

Register using the [link](https://hcdrugfree.org/currentevents/).

**Title: 2024 Brain Injury Association of Maryland Annual Conference**

**(Registration is required)**

**Description:** March is Brain Injury Awareness Month, Join The Brain Injury Association of Maryland in shining a spotlight on brain injury awareness and support. Attend the 2024 BIAMD Annual Conference, where this year's topic is "Reconnect, Rebuild, and Renew: Transforming Lives After Brain Injury"

**Date/Time:** March 21st -22nd 8:00 AM-5:00 PM

Register using the [link](https://web.cvent.com/event/c67b3b95-9adb-4a1c-811d-00566a6b1b40/regProcessStep1?fbclid=IwAR3lqbGyp27G12YU5PLNUFC9NmUlQNVlEcmNcsmtFJKo43STz1RQQn4YgT8).

**Title: National Council for Mental Wellbeing NatCon24**

**(Registration is required)**

**Description**: The National Council for Mental Wellbeing invites you to learn alongside 5,000+ health care professionals at NatCon24, the largest conference in mental health and substance use treatment**.** NatCon24 is an exclusive invitation to invest in yourself, your organization and your community.

**Date/Time:** April 13 – April 17, 2024

Register using the [link](https://natcon24.eventscribe.net/aaStatic.asp?SFP=QlpWVURIUFRAMTY2NjdAUmVnaXN0cmF0aW9uIE9wZW4&utm_medium=email&utm_source=michelle_obama&utm_campaign=natcon24).

**OTHER RESOURCES/RESEARCH/ARTICLES/UPDATES**

**Healthy Beginnings**

* Early estimate Nirsevimab effective at protecting infants from Respiratory Syncytial Virus-associated hospitalizations. [**Link**](https://www.cdc.gov/mmwr/volumes/73/wr/mm7309a4.htm?s_cid=mm7309a4_e&ACSTrackingID=USCDC_921-DM124001&ACSTrackingLabel=This%20Week%20in%20MMWR%3A%20Vol.%2073%2C%20March%207%2C%202024&deliveryName=USCDC_921-DM124001)**.**
* The Family Initiative (TFI) becomes one of the largest community-based care child welfare agencies in the U.S. [**Link**](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Flnks.gd%2Fl%2FeyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDQsInVyaSI6ImJwMjpjbGljayIsInVybCI6Imh0dHBzOi8vcHIuaG9wZWRhbGV0b3dubmV3cy5jb20vYXJ0aWNsZS9UaGUtRmFtaWx5LUluaXRpYXRpdmUtVEZJLUJlY29tZXMtT25lLW9mLXRoZS1MYXJnZXN0LUNvbW11bml0eS1CYXNlZC1DYXJlLUNoaWxkLVdlbGZhcmUtQWdlbmNpZXMtaW4tdGhlLVVTP3N0b3J5SWQ9NjVlMjI3YmE4ZjA3N2JiZGI4MDg1MDAxJnV0bV9tZWRpdW09ZW1haWwmdXRtX3NvdXJjZT1nb3ZkZWxpdmVyeSIsImJ1bGxldGluX2lkIjoiMjAyNDAzMDQuOTEyMjM1MjEifQ.eGqpjrSEkowdMQNKqsZRozqYacLFneScLvSBlE5S4_I%2Fs%2F3125184833%2Fbr%2F238160280380-l&data=05%7C02%7Cajordan%40howardcountymd.gov%7Ca202aab0c86a41761e9808dc3c63ae34%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638451646059296250%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=SgkF7m8FqFSixfO%2B4puvSMvKQexzqwIVwKDstWkc%2B7k%3D&reserved=0).
* Placenta Issues Linked to Newborns' Brain Aberrations in Congenital Heart Disease. [**Link**](https://www.medpagetoday.com/pediatrics/preventivecare/108984?xid=nl_mpt_DHE_2024-03-01&eun=g2262431d0r&utm_source=Sailthru&utm_medium=email&utm_campaign=Daily%20Headlines%20Engagement%20PassiveNew%202024-03-01&utm_term=NL_Daily_DHE_passiveNew)**.**
* Riedel Foundation funds Faith Bridge, helping teens aging out of foster care. [**Link**](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Flnks.gd%2Fl%2FeyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDYsInVyaSI6ImJwMjpjbGljayIsInVybCI6Imh0dHBzOi8vd3d3Lmhhbm5pYmFsLm5ldC9uZXdzL3JpZWRlbC1mb3VuZGF0aW9uLWZ1bmRzLWZhaXRoLWJyaWRnZS1oZWxwaW5nLXRlZW5zLWFnaW5nLW91dC1vZi1mb3N0ZXItY2FyZS9hcnRpY2xlX2MzZjhmODljLWRiMDUtMTFlZS05MDNkLTFiZTI1NGQ3NjQ1NS5odG1sP3V0bV9tZWRpdW09ZW1haWwmdXRtX3NvdXJjZT1nb3ZkZWxpdmVyeSIsImJ1bGxldGluX2lkIjoiMjAyNDAzMDYuOTEzNjQ0MzEifQ.m5mz9Y7Xm2DUUBTQmba0km7ArHwKRSl5iLplhLclcQw%2Fs%2F3125184833%2Fbr%2F238298937545-l&data=05%7C02%7Cajordan%40howardcountymd.gov%7C9a4b98b137e94ceb99b608dc3df5d313%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638453374291133480%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=%2FgqX0yjWQkdq1Ut3sOfTtYNmn5ZY8Uf%2B6nkY7%2FV%2BUTg%3D&reserved=0)**.**
* Supporting caregivers through a national child care crisis article. [**Link**](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Flnks.gd%2Fl%2FeyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTgsInVyaSI6ImJwMjpjbGljayIsInVybCI6Imh0dHBzOi8vbmV3cy52dC5lZHUvYXJ0aWNsZXMvMjAyNC8wMi9wcmVzaWRlbnQtbnJ2LWNoaWxkY2FyZS1zdW1taXQuaHRtbD91dG1fbWVkaXVtPWVtYWlsJnV0bV9zb3VyY2U9Z292ZGVsaXZlcnkiLCJidWxsZXRpbl9pZCI6IjIwMjQwMzA0LjkxMjIzNTIxIn0.fcIlRz3WGHBvPgmGay1L9HBwVMsvUn1N_PIq3_NMeI4%2Fs%2F3125184833%2Fbr%2F238160280380-l&data=05%7C02%7Cajordan%40howardcountymd.gov%7Ca202aab0c86a41761e9808dc3c63ae34%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638451646059400024%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=igeK1JR0%2BPYOQyqP5tbkGvT8SSTD5t1ASeOohs7EHO4%3D&reserved=0)**.**
* Prenatal exposure to per- and polyfluoroalkyl substances and child behavioral problems article. [**Link**](https://pubmed.ncbi.nlm.nih.gov/38387490)**.**
* Birth outcomes among people with hepatitis C in pregnancy - Three U.S. States, 2018-2021 article. [**Link**](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Ft.emailupdates.cdc.gov%2Fr%2F%3Fid%3Dh889e03d6%2C1b580420%2C1b5814ae%26e%3DQUNTVHJhY2tpbmdJRD1VU0NEQ181MjAtRE0xMjM5MDcmQUNTVHJhY2tpbmdMYWJlbD1TY2llbmNlJTIwQ2xpcHMlMkMlMjAxNiUzQTEwJTIwbmV3JTIwZWRpdGlvbiUyMGFsZXJ0JTJDJTIwTWFyY2glMjA1JTJDJTIwMjAyNA%26s%3DGD5HML43dz8aTJ_Tzg3OsLBBazxSrj8EHuWYADmgIy0&data=05%7C02%7Cajordan%40howardcountymd.gov%7Cc89a215b83fe45b745d408dc3d1f97dd%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638452453115744527%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=PiE0MNrErJd0%2BjMhRBlkjwX9%2BLsPoe130cfiqEcSA94%3D&reserved=0)**.**
* Foster care ally opens 'Hummingbird Houses' to get foster kids off DSS floors. [**Link**](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Flnks.gd%2Fl%2FeyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDgsInVyaSI6ImJwMjpjbGljayIsInVybCI6Imh0dHBzOi8vd3d3LndidHYuY29tLzIwMjQvMDMvMDUvZm9zdGVyLWNhcmUtYWxseS1vcGVucy1odW1taW5nYmlyZC1ob3VzZXMtZ2V0LWZvc3Rlci1raWRzLW9mZi1kc3MtZmxvb3JzLz91dG1fbWVkaXVtPWVtYWlsJnV0bV9zb3VyY2U9Z292ZGVsaXZlcnkiLCJidWxsZXRpbl9pZCI6IjIwMjQwMzA2LjkxMzY0NDMxIn0.McgWG6KYPu9IA6K97AH53smdPHpGKS0OathDeN3rY6I%2Fs%2F3125184833%2Fbr%2F238298937545-l&data=05%7C02%7Cajordan%40howardcountymd.gov%7C9a4b98b137e94ceb99b608dc3df5d313%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638453374291147766%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=99XyuDF936Fvfqcq5gIYCSwqI2JP7m1cCRzaRnIO%2Bkg%3D&reserved=0)**.**
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**Healthy Living**

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**Healthy Minds**

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