

**MONTGOMERY COUNTY COUNCIL**

**VICE-PRESIDENT**

***ROGER BERLINER***

and the

***Montgomery County Commission on Aging***

invite you to

***FEELING YOUR BEST AT ANY AGE***

**A FORUM ON SENIOR HEALTH AND WELLNESS**

With Special Guest Speaker

***U.S. CONGRESSMAN CHRIS VAN HOLLEN***

and Guest Speakers:

Linda Krause and Jill Johnson,  
Suburban Hospital

*"Forever Young:  
Turning the Clock Back on Health"*

Kim Burton, Mental Health  
Association of Maryland

*"Challenges to the  
Mind & Spirit in Later Years"*

**Friday, November 13, 2009 • 1:00 – 4:00pm**

**Sunrise at Fox Hill**

**8300 Burdette Road • Bethesda, MD 20817**

Resource Fair from 1:00-2:00 - Formal program begins at 2:00

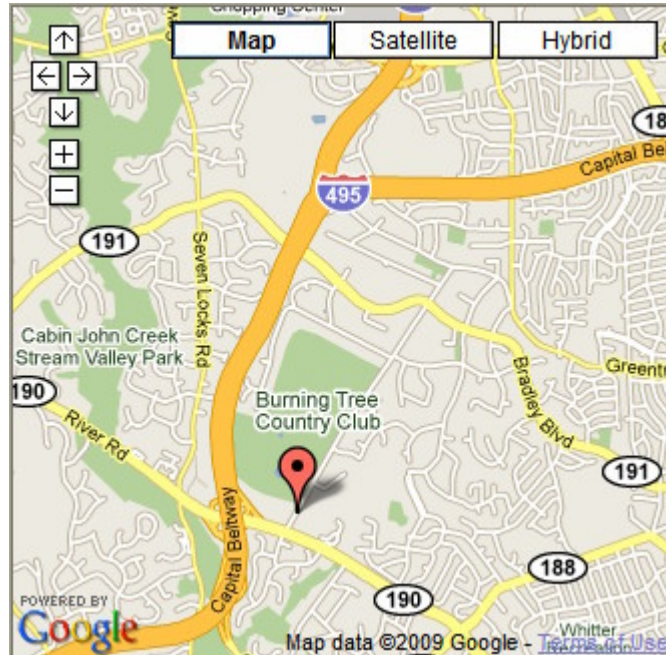
Please call (240) 777-7828 for more information

**ADMISSION IS FREE • NO RSVP NECESSARY**

**AMPLE PARKING ON SITE – PLEASE CALL 301-968-1800 FOR DIRECTIONS**

## Directions to Sunrise at Fox Hill

8300 Burdette Road  
Bethesda MD 20817



From Bethesda:

Take Goldsboro Road to River Road

Turn right at Burdette Road (destination will be on the left)

From Potomac:

Take River Road towards Bethesda

Turn left at Burdette Road (destination will be on the left)

From Rockville:

Take 270 S to 495 S

Take Exit 39 to merge onto MD-190 River Road toward Washington

Turn left at Burdette Road (destination will be on the left)

From other points on the Capitol Beltway:

Take Exit 39 to merge onto MD-190 River Road toward Washington.

Turn left at Burdette Road (destination will be on the left)