



COMMISSION ON AGING  
HEALTH AND WELLNESS COMMITTEE AGENDA  
JUNE 3, 2025  
9:30-11:00 a.m.

**[https://montgomerycountymd-  
gov.zoom.us/j/87688595357?pwd=cUqRGuajdbICLSHb4rVOoz  
cDNL63Xo.1](https://montgomerycountymd.gov.zoom.us/j/87688595357?pwd=cUqRGuajdbICLSHb4rVOozcDNL63Xo.1)**

9:30-9:45 a.m. – Welcome, Introductions and Review of Minutes from May meeting

9:45-10:30 a.m. – Presentation by Sarah McKechnie from Holy Cross Community Health, Exercise Programs in the County, and Senior Fit

10:30-11:00 a.m.- Debrief of May 21<sup>st</sup> Public Forum

11:00 a.m.-Adjourn