



Collingwood Green
Block Watch Meeting
Wednesday
August 21, 2024
6-7 PM
Community Room

Join us for a meeting
with representatives
from the Toledo
Police Department to
discuss OUR Block
Watch Program!



**Blood Pressure
Self-Monitoring
program**

Join our BP Self-
Monitoring program
and receive a *FREE
4-month YMCA
membership and BP
monitor

Join us in the Library
every Tuesday and
Thursday 11am-2pm

**You're Invited To a
Birthday Party**



Celebrating Birthdays for
months of
May, June, July & August
Saturday, August 10, 2024
CWG Community Room
3-6 pm



**Healthy Living For Your
Brain & Body**

1. Stay physically active
2. Challenge your mind
3. Protect your head
4. Eat Right
5. Control your blood pressure
6. Manage diabetes
7. Be-Smoke-free
8. Get moving
9. Meet up with friends
10. Get a good night's rest
11. Be careful with medicines & limit alcohol



**FREE Cooking
Summer Class**

Tuesdays
7/2-8/27
3 pm

Ebeid Center
1806 Madison Ave
2nd Floor Demo
Kitchen

No pre-registration required-
simply show up and sign in



**FREE Fitness Workout
Every Monday at 6 pm
at Ebeid Center on
Madison Ave.**