



School of  
Continuing Education &  
Workforce Development

Wayne County Community College District

Presents



# Let's Get Fit!

WAYNE COUNTY COMMUNITY COLLEGE DISTRICT

## TUESDAY, APRIL 11, 2017

10:00 a.m. – 2:00 p.m.

### DOWNTOWN CAMPUS

1001 W. Fort Street  
Detroit, MI 48226

This program strives to get the community involved to promote a healthy lifestyle and fun physical activities including being active in the community, in school, and with family. This program will engage participants with cardiovascular activities, dieting and exercise.

#### **Let's Get Fit! will provide:**

- Participants with the resources for a healthier lifestyle
- Participants with hands-on activities to promote cardiovascular health
- Knowledge from health professionals regarding diet, exercise and lifestyle

• **PILATES** • **ZUMBA** • **YOGA** • **OBSTACLE COURSE** • **FOOD DEMONSTRATION**



For more information, please call 313-496-2704 or visit [www.wcccd.edu](http://www.wcccd.edu)