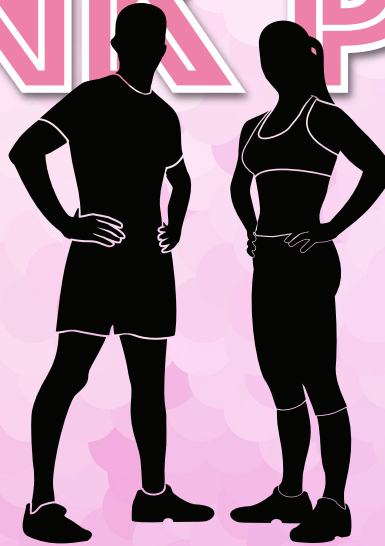




WAYNE COUNTY COMMUNITY
COLLEGE DISTRICT

School of
Continuing Education &
Workforce Development
Wayne County Community College District

THINK PINK



**FITNESS
CHALLENGE**

**HEALTH
SCREENING**

Thursday, October 19, 2017

9:00 a.m. – 8:00 p.m.

Northwest Campus

Denise Wellons-Glover Welcome Center

8200 West Outer Drive, Detroit, MI 48219

This is an open forum whereby the community, faculty, staff, students and their families can get involved in promoting healthy lifestyles and join in fun physical activities. This program will engage participants with cardiovascular activities, dieting and exercise.

FITNESS CHALLENGE

- Zumba
- Obstacle Course
- Chair Massage
- Food Demonstration

HEALTH SCREENINGS AVAILABLE

- Blood Pressure
- Blood Glucose
- Body Mass Index
- Cholesterol Test

The Fitness Challenge and Health Screening event 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

For more information please contact Armenalda Karic, Office of the Chancellor at 313-496-2510