



School of
Continuing Education &
Workforce Development

Wayne County Community College District

SPRING INTO HEALTH

Come and join us for this fun interactive workshop!

THURSDAY, APRIL 26, 2018

11:00 A.M. – 1:00 P.M.

NORTHWEST CAMPUS

LARRY K. LEWIS EDUCATION CENTER
8200 W. OUTER DRIVE, DETROIT, MI 48219

Featuring:



Food



Zumba



Giveaways



Dr. Margaret Betts will discuss:



Heart Health



Nutrition



Blood Pressure



Managing Stress

Open to the Public at No Cost!

**For more information, please contact the School of Continuing Education
at 313-496-2704 or visit www.wcccd.edu**