2nd Annual

SPRING INTO HEALTH

Come and join us for this fun interactive workshop!

WEDNESDAY, APRIL 17, 2019
11:00 A.M. – 3:00 P.M.

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

FEATUREING:
• FOOD
• ZUMBA
• GIVEAWAYS

LEARN ABOUT:
• HEART HEALTH
• NUTRITION
• BLOOD PRESSURE
• MANAGING STRESS

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