

School of
Continuing Education &
Workforce Development

Wayne County Community College District

Presents



Let's Get Fit!

WAYNE COUNTY COMMUNITY COLLEGE DISTRICT

TUESDAY, APRIL 16, 2019

10:00 A.M. – 2:00 P.M.

DOWNTOWN CAMPUS

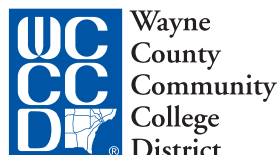
1001 W. FORT STREET, DETROIT, MI 48226

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:

- Hands on activities to promote cardiovascular health
- Resource information from professionals for improving diet, exercise, mental wellness and healthy lifestyles
- Group exercises to increase flexibility and burn calories

• PILATES • ZUMBA • OBSTACLE COURSE • FOOD DEMONSTRATIONS • CYCLING • CHAIR MASSAGES



For more information, please call 313-496-2704 or visit www.wcccd.edu