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 cardio vascular 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 cardio vascular health
- Knowledge from heath professionals regarding diet, exercise and lifestyle

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

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