



Wayne  
County  
Community  
College  
District



School of  
Continuing  
Education

Wayne County Community College District

# **WELLNESS** **WEDNESDAYS**

In today's fast-paced world, taking time for yourself is crucial, and this workshop aims to guide you on a journey toward a healthier, balanced lifestyle.

**10:00 A.M. - 11:00 A.M.**

**CLICK CLASS BELOW TO REGISTER**



**ATTEND THE 2024 FULL SPRING SERIES OR INDIVIDUAL CLASSES!**

**Week 1:** **BURN FAT, DETOX, REDUCE INFLAMMATION, AND BALANCE HORMONES**  
**5/15/24**

**Week 2:** **THE TOXIC TOP 10 FOODS AND TOP 10 FOOD ALTERNATIVES, HOW TO SHOP SMART**  
**5/22/24**

**Week 3:** **MAKE DETOX SIMPLE**  
**5/29/24**

**Week 4:** **FOOD AND SUPPLEMENTS TO RESTORE DIGESTIVE HEALTH**  
**6/5/24**

**FOR MORE INFORMATION, VISIT [WWW.WCCCD.EDU](http://WWW.WCCCD.EDU) OR CALL 313-496-2704**

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