



WAYNE COUNTY COMMUNITY COLLEGE DISTRICT



School of Continuing Education & Workforce Development

Wayne County Community College District

# THINK PINK

## FITNESS CHALLENGE



## HEALTH SCREENING

### TUESDAY, OCTOBER 16, 2018

10:00 a.m. – 2:00 p.m.





### NORTHWEST CAMPUS

Denise Wellons-Glover Welcome Center





8200 West Outer Drive, Detroit, MI 48219

This is an open forum whereby the community, faculty, staff, students and their families can get involved in promoting healthy lifestyles and join in fun physical activities. This program will engage participants with cardiovascular activities, dieting and exercise.

#### FITNESS CHALLENGE

-  Zumba
-  Obstacle Course
-  Chair Massage
-  Food Demonstration

#### HEALTH SCREENINGS AVAILABLE

-  Blood Pressure
-  Blood Glucose
-  Body Mass Index
-  Cholesterol Test

FUN PHYSICAL ACTIVITIES

MINDFULNESS WORKSHOPS

*The Fitness Challenge and Health Screening event will provide:*

- Participants with the resources for a healthier lifestyle
- Participants with hands-on activities to promote cardiovascular health
- Knowledge from health professionals regarding diet, exercise, and lifestyle

FOR MORE INFORMATION, PLEASE CONTACT JENNIFER JORDAN AT 313-943-4063 OR VISIT [WWW.WCCCD.EDU](http://WWW.WCCCD.EDU)

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