



Wayne
County
Community
College
District



School of
Continuing Education &
Workforce Development
Wayne County Community College District



Healthy Eating for a Healthy Weight

This workshop will cover the basic concepts of achieving healthy weight loss, along with strategies for making it happen by managing your weight through nutrition.



Tuesday, April 20, 2021

1:00 p.m. - 2:00 p.m.

VIRTUAL

[Click here to join the meeting](#)

FOR MORE INFORMATION, VISIT WWW.WCCCD.EDU OR CALL 313-496-2704

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