Tuesday, October 25, 2022
10:00 a.m. – 3:00 p.m.

Northwest Campus
Denise Wellons-Glover Welcome Center
8200 West Outer Drive, Detroit, MI 48219

The Fitness Challenge and Health Screening event will provide participants with:

1. **Resources** for a healthier lifestyle
2. **Hands-on activities** to promote cardiovascular health
3. **Knowledge** from health professionals regarding diet, exercise, and lifestyle

**ACTIVITIES:**
- 360 Dancing Booth
- Chair Massage
- Flu/COVID-19 Vaccination
- Glam Doctor
- Henna Art
- Obstacle Course
- Urban Health Resource
- Yoga

**HEALTH SCREENING:**
- Blood Pressure
- Blood Glucose
- Body Mass Index
- Cholesterol Test
- Doppler Examination - Varicose Veins
- Hazardous Airway Demonstration Smoker vs. Non-Smoker
- Homeopathic Pharmacist - Electrodermal Analysis Testing
- Oral Examination

**The following companies will be on-site:**
- Aarolyn’s House of Hope
- Alzheimer’s Association
- Beaumont Health
- Ciena Healthcare
- Covenant Care
- Delta Dental
- Dencap
- Gary Burnstein Community Health Clinic
- John D. Dingell VA Medical Center
- MSU Extension
- and More!

Open to the Public at No Cost!