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 Simulator
- Chair Massage
- Flu/COVID-19 Vaccination
- Glam Doctor
- Obstacle Course
- Urban Health Resource
- Yoga

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

**The following companies will be on-site:**
- Alzheimer’s Association
- Be the Match
- City of Detroit Health Department
- Corewell Health
- Delta Dental
- Gary Burnstein Community Health Clinic
- Oakstreet Health
- Proctor and Gamble
- Select Medical
- and More!

Open to the Public at No Cost!