





Thursday, October 24, 2024 10:00 a.m. - 3:00 p.m.

### **Northwest Campus**

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

# The following companies will be on-site:

- Alzheimer's Association
- City of Detroit Health Department
- Goldendent
- Henry Ford-Main
- Matrix Human Services
- The McKinney Foundation
- Trinity Health-Livonia
- Wayne County Oral Health Coalition

the Public

at No Cost!

and More!

# **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
- Essential Oils Demonstration
- Flu/COVID-19 Vaccination
- Glam Doctor
- Obstacle Course
- Yoga



## **HEALTH SCREENING:**

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





