



LAHC
ENRICHING LIVES - EMBRACING DIVERSITY

Beaumont

MARCH

W.O.W.

Workout Opportunities for Women

March 18th, 2019

SALINA INTERMEDIATE

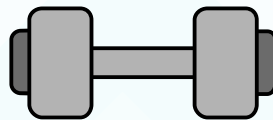
2623 SALINA STREET,

DEARBORN 48120

8-9:30AM

CARDIO INTERVALS

**Nutrition Information & Free Resources*



YOU MUST REGISTER ONLINE TO ATTEND!

Register at: www.cityofdearborn.org/WOW

for more information call

(313) 846-8480 EXT.104 or email marci@lahc.org