



**LAHC**

ENRICHING LIVES - EMBRACING DIVERSITY

**STAY HEALTHY AND ACTIVE!**

# **LAHC: HEALTHY LIVING**

**WOMEN'S FITNESS & COOKING  
WORKSHOP  
SPRING 2019**



**FRIDAY'S 1:25-3:25PM**

**3/15, 3/22, 3/29, 4/12, 4/26, 5/3, 5/10, 5/17**

**MILLER ELEMENTARY SCHOOL**

**LOCATION: CAFETERIA (ON STAGE)**

**8 week series. Each session includes nutrition discussion, food preparation and group exercise.**

*Participants will take home exciting giveaway items such as, fitness DVDs, water bottles and cookbooks.*

**Sign up with Hala  
Berry  
berryh@dearborn  
schools.org  
313-827-6852**

This institution is an equal opportunity provider.