



Hope Clinic invites you to...

# Healthy You

*A Free Community Health Class for All Ages*

Wednesday October 12, 2022 | 6:30 – 8:00 pm

Jefferson Barns Community Vitality Center

32150 Dorsey St. Westland, MI 48186

2 Options: In-person or Virtual

Classes include cooking demos, exercise, health information, & a craft.

**\*Registration is required. For more information, please leave a message at (734)710-6688 ext. 102.**

Looking for more information on physical activity opportunities? Scan the QR codes to learn more about what programs the National Kidney Foundation of Michigan offers.

Enhance Fitness



Walk With Ease



PEDIATRIC PUBLIC HEALTH INITIATIVE

