



# February

WORKOUT OPPORTUNITIES FOR WOMEN

# W.O.W.

WEDNESDAY, FEBRUARY 12TH  
@ 9AM

LAHC

5275 KENILWORTH ST,  
DEARBORN 48126

CARDIO & STRENGTH TRAINING

\*Nutrition Information & Free Resources

**Beaumont**

YOU MUST REGISTER ONLINE!  
REGISTER AT: [LAHC.ORG/WOW](http://LAHC.ORG/WOW)  
FOR MORE INFORMATION CALL  
(313) 254-2640 OR EMAIL  
[KCITRON@LAHC.ORG](mailto:KCITRON@LAHC.ORG)



LAHC

ENRICHING LIVES - EMBRACING DIVERSITY





# February

WORKOUT OPPORTUNITIES FOR WOMEN

# W.O.W.

WEDNESDAY, FEBRUARY 26TH  
@ 8 AM

**SALINA INTERMEDIA**

2623 SALINA STREET,  
DEARBORN 48120

CARDIO & STRENGTH TRAINING

\*Nutrition Information & Free Resources

## Beaumont

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