



LAHC
LEADERS ADVANCING & HELPING COMMUNITIES



Beaumont

W.O.W. Workout

WORKOUT OPPORTUNITIES FOR WOMEN

No Cost!



Tuesday, May 24th
9:30-10:30am

In-person @ 5275 Kenilworth St.
Dearborn Mi 48126

Cardio and Strength Circuit

No experience necessary

**WALK IN'S WELCOME BUT REGISTRATION PREFERRED
REGISTER AT: [LAHCWORKOUT.EVENTBRITE.COM](https://www.lahcworkout.eventbrite.com)**