

“Fit For Life”



May 19, 2018

Hip-2B-Fit

10AM—1PM

3K Walk/Run— 9:00 AM

First 15 to finish the walk will receive a medal/first 15 to finish the run will receive a medal

This community-wide event held at [1903 Wilkins St., Detroit, MI](#) provides access to many local health organizations, businesses, civic offices, and insurance companies (BCBS, Molina, HAP, United Health Care and more). Listed are only a few of the other activities available:

Giant Slide & Train Ride
College Readiness Booth
Neighborhood Senior Services
Smile Dental Program
Institute For Population Health
Spaulding for Children

HFHS Mobile Medical Unit
Karate/ Gymnastics Demos
Comfort Cafe Food Truck
Scholastic Book Fair
Face Painting
St Johns Hospital

Dental Exams, Cleaning, Sealants, X-Ray, Fluoride (children under 18)

This free event will focus on health, wellness, exercise, and disease prevention, along with the importance of academic excellence and college planning.

For further information contact:
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At Gail Jones 313-833 -1100 ext. 1254

FREE ADMISSION



Presented by
Detroit Edison Public School Academy
HFHS DEPSA Health Center

