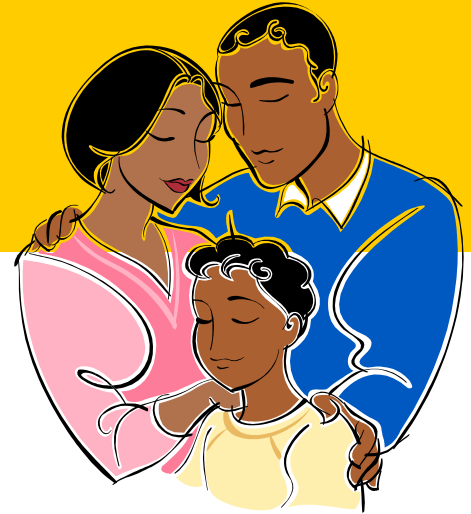


Health & Heritage

Two Sites! Fourteen weeks of Family Fitness and Fun!
Saturdays, February 27—June 12, 2010 at Don Bosco CRC
Mondays, March 1—June 14, 2010, 5—7:45 PM at The Center



Looking for family-friendly ways to get your family moving? Heritage Works presents Health & Heritage. Health and Heritage provides activities that help families get moving, reduce stress and have fun. Activities include:

- African Dance
- Family Fitness
- Hustle
- Crafts
- Family Nutrition
- Yoga

Join us Mondays from 5 - 7:45 PM at the Matrix Center, 13560 E. McNichols, Detroit. Or Saturdays from 11 AM—1:30 PM at Don Bosco Hall Community Resource Center, 19321 West Chicago, Detroit. This program is FREE, but space is limited and registration is required.

Health & Heritage is supported in part by The Kresge Foundation Community Arts program. This program is provided in collaboration with the College for Creative Studies, Crochet Treasures, Don Bosco Hall, Generation Fit Kids, Jiva Shanti Yoga, Matrix Center, Our Children Count and United Children & Family Head Start.



Call Heritage Works at
313-438-2800 to register

