



Summer Retreat with Kids Work It Out

Mon, July 15–Fri, July 19
10am–2pm

Academy for Mindfulness & Yoga
Matthaei Physical Education Center/Athletics Complex
at Wayne State University
5101 John C Lodge Fwy
Detroit, MI 48202

Kids Work It Out, a Center for Health and Community Impact program at Wayne State University, consists of yoga, mindfulness, and nutrition education.

Cost: \$20
SPACE IS LIMITED!
Lunch is provided

Ages 9-12
*Child must be available to attend every day

Register:
kidsworkitout.org/summer

Registration deadline:

June 17



Contact:
kidsworkitout@wayne.edu
(313) 577-0825

