

Are you ready for the Black Health Challenge?



People of all health and fitness levels are invited to participate in the inaugural **Black Health Challenge (BHC)**.

This **FREE 12 week** BHC program will help you:

- ★ Lose Weight
- ★ Get in Shape
- ★ Feel Energized
- ★ Reduce Stress
- ★ Look and Feel Great

Our registered dietitian, nutritionist and professional chef will help you:



- ★ Make healthier food choices
- ★ Fit your favourite foods into a healthy diet
- ★ Prepare quick, nutritious and delicious meals
- ★ Dine fine on a dime

Each week our certified fitness instructors will take you through 60 minutes of one of the following exhilarating classes:



- ★ Reggaerobics
- ★ Socacise
- ★ New-Being Yoga
- ★ Walk to Run

Beat D'Island Rhythm 5 Miler

Following the 12 week challenge, participants will be more than prepared to join the public in the Beat D' Island Rhythm 5 mile/8 km run/walk on July 29 in Downsview Park in support of community organizations and the **Black Health Project**.

Black Health Challenge Sites

Community	School	Start Date	Time
Jane & Finch	Topcliff Public School	Tue: May 4 – July 20	6:30 – 8:30 pm
Malvern	St. Columba Catholic School	Thurs: May 6 – July 22	6:30 – 8:30 pm

To register for the Black Health Challenge nearest you call **416-644-3539 x225** or email **blackhealth2010@gmail.com**

For the Black Health Project go to **www.blackhealthalliance.ca**