

# Health Challenge

Central/Kinsman • East Cleveland • Fairfax • Glenville • Hough

This fun competition motivates participants to get in shape in a healthy way! Programming includes group exercise sessions and health talks with Cleveland Clinic caregivers and other lifestyle management professionals. Pre- and post health screenings are performed to help participants track their progress and celebrate their success.

The **8 Week Health Challenge** is a part of the **Healthy Communities Initiative (HCI)** - a collaborative effort between Cleveland Clinic and community partners to promote optimal health and wellness.

**For Information and to Pre-Register:**

Please call the team at The Langston Hughes Center at 216.361.1773.

**Kick Off Event - Week One:**

Thursday, September 5, 2019 | 5:30 p.m. - 8 p.m.  
Cleveland Clinic Langston Hughes  
Community Health & Education Center  
2390 East 79th Street  
Cleveland, Ohio 44104

**Weeks Two - Seven:**

Challengers acquire points for their neighborhood team by attending events held at partner locations throughout the community. The neighborhood team that earns the most points wins the Challenge!

**Final Event - Week Eight:**

Thursday, October 24, 2019 | 5:30 p.m. - 8 p.m.  
The Langston Hughes Center

