

# HEALTHY CONNECTIONS

**EMPOWERING OUR COMMUNITY ONE "BODY" AT A TIME**

Wellness Program of the African People's Education & Defense Fund, Inc. Sept. 2006  
1327 Dr. ML King (9th) Street South, St. Petersburg, FL 33705 (727) 821-2437 [www.apedf.org](http://www.apedf.org)

## All People's TyRon Lewis Community Gym

### OPEN HOUSE

**Saturday, Sept. 23**

**8:00 am - 1:00 pm**

**1327 Dr. MLKing St. So., St. Pete**



- \* Smoothie Bar Grand Opening -- Free samples!
- \* Tour the expanded facilities with new equipment
- \* Free blood pressure testing \* Free group training
- \* Meet our new gym staff \* Refreshments, Music
- \* Join! New member special only \$15.00 /first mo.



Wellness Program of the nonprofit African People's Education & Defense Fund

**For more info call 727-824-5670 or 727-821-2437**

***Colonialism is Bad for Your Health!***

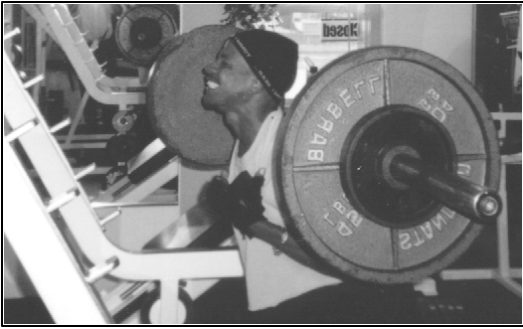
***Every Sunday 9:00-10:00 AM***

***Health Information on internet [Ukuru Radio.com](http://UkuruRadio.com)***

*Sister Jyapo Ngina hosts discussion & interviews on building good health in the African community*

***Listen live, Call in, Listen to archives! Go to [www.UkuruRadio.com](http://www.UkuruRadio.com)***

# **ALL PEOPLE'S TYRON LEWIS COMMUNITY GYM**



## **GREAT EQUIPMENT**

- State of the art FLEX machines
- Free Weights
- Cardiovascular equip

- Steam room and shower

## **FRIENDLY, SUPPORTIVE ATMOSPHERE**

- Free orientation & personal fitness plan
- All ages, levels of training welcome in a



**1327 ML KING ST. SO.  
ST. PETERSBURG, FL**

## **CONVENIENT HOURS:**

Monday - Friday 6 AM - 9 PM

Sat 8 AM-4 PM Sun. 12-4 PM

**FREE ONE WEEK  
GYM MEMBERSHIP**

with this flyer. One per person.

## **Join the APEDF Wellness Committee**

**Get involved to improve health in the African community!**

- \* Help write, produce, and distribute Healthy Connections Newsletter
- \* Help promote APEDF fitness classes and gym services to the community: distribute flyers, send out media announcements, attend community events
- \* Help put on health fairs, seminars and special events

**Call 727-821-2437**

**African People's Education & Defense Fund, Inc.**

**email: [info@apedf.org](mailto:info@apedf.org) [www.APEDF.org](http://www.APEDF.org)**