

HEALTHY CONNECTIONS

EMPOWERING OUR COMMUNITY ONE "BODY" AT A TIME

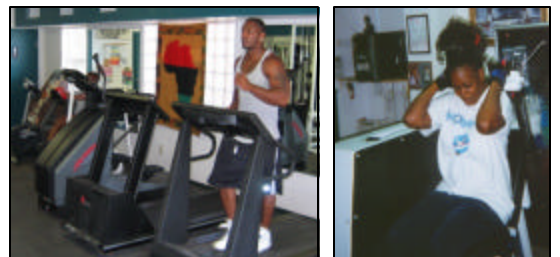
Wellness Program of the African People's Education & Defense Fund, Inc. Oct., 2006
1327 Dr. ML King (9th) Street South, St. Petersburg, FL 33705 (727) 821-2437 www.apedf.org

All People's TyRon Lewis Community Gym COMMUNITY

APPRECIATION DAY

Tuesday, Oct. 24 6-8pm

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



- *TyRon Lewis 10 year commemoration program
- * Free Food & Refreshments from our new Smoothie/Snack Bar
- * Membership Appreciation Awards * Free blood pressure testing
- * Tour the expanded facilities with new equipment, meet new staff
- * 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

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 www.APEDF.org