

African
People's
Education
& Defense
Fund, Inc.

1245 18th Ave S.
St. Petersburg, FL
33705
727-821-2437
www.APEDF.org

Our Mission

- Develop and institutionalize programs addressing the grave disparities in education, health, healthcare, and economic development faced by the African community.

- Defend the human and civil rights of African people.

Healthy Connections

DECEMBER 2006



1327 ML King Jr. St. So.
St. Petersburg, FL
727-824-5670

Convenient Hours:

Monday - Friday

6 AM - 9 PM

Sat 8 AM-4 PM

Sun. 12-4 PM

**December
Special -
Join & get
January free!**

* New or expired members only



- **More new equipment -**
Cardio/aerobic and strength training
- **Bigger gym area -** 600 sq ft added with more to come!
- **Smoothie Sensations Bar**
Fresh fruit smoothies
Healthy sandwiches & soups
Breakfast and snacks
- **Steam room & shower**
- **Now accepting credit cards**
- **Always low rates, no contracts**
- **Friendly, supportive atmosphere in the community**

Volunteer • Donate • 727-821-2437 • www.apedf.org

“The African Peoples Education & Defense Fund offers endless volunteer opportunities for those who want to make a difference in the community and the world.”

Make a Difference: Volunteer with APEDF

The African Peoples Education & Defense Fund offers endless volunteer opportunities for those who want to make a difference in the community and the world.



APEDF volunteers can help shape the future for our children.

- **HEALTH**

If you are interested in health, you can do research and/or write for the Healthy Connections Newsletter. You can join the Wellness Committee to put on free monthly health seminars. Or you can be on the outreach team to get the word out about these dynamic programs.

- **EDUCATION**

If you are interested in education, you can volunteer to tutor the Uhuru Basketball teams. If you have more time, then you might be interested in leading a free community tutoring program.

- **ECONOMIC DEVELOPMENT**

If you are interested in economic development, then we have a couple of areas that need immediate attention. APEDF needs a donation coordinator. This would require some research to seek out businesses, companies, churches, and corporations looking to make contributions to non-profit organizations. Our mission statement makes us applicable for many resources.

To volunteer, donate or for more info call 727-821-2437.

Colonialism is Bad for Your Health

New Time! Every Sunday 2:00-4:00 PM

Critical health information on

Internet radio www.UhuruRadio.com

Listen Live, Call in, Hear Archives



Your Host
Iyapo Ngina