

AFRICAN PEOPLE'S  
EDUCATION AND  
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

MARCH 2008



**Every Friday  
8pm - midnight  
Uhuru House**

**1245 18th Avenue So, St. Pete (727) 821-6620**

Sponsored by the Uhuru Basketball Program of  
African People's Education and Defense Fund

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

**Listen Live Internet Radio**

**[www.uhururadio.com](http://www.uhururadio.com)**

**Every Sunday from 2-4pm**



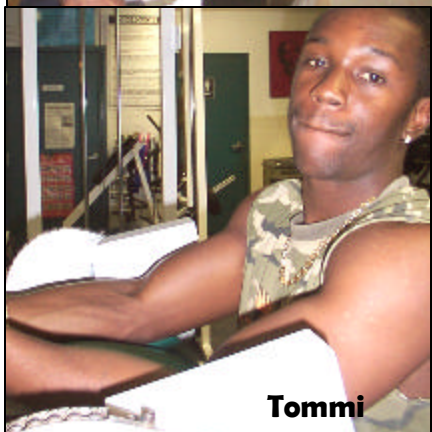
Host Iyapo Ngina

Volunteer • Donate • 727-821-2437 • [www.apedf.org](http://www.apedf.org)

# Time to Work Out!



Troy



Tommi



Lindsey & friend



1327 MLKing Jr. St. So., St. Pete, FL  
727-824-5670

**NOW OPEN at 5AM weekdays!**

### Convenient Hours:

Monday - Friday 5 AM - 9 PM

Sat 8 AM - 4 PM

Sunday noon - 4 PM



Rob



Toni



Dave

## Join the APEDF Wellness Committee!

**APEDF Wellness Center, 1327 ML King St. South, St. Pete Call 727-821-2437**

- Help write articles and take photos for the Healthy Connections Newsletter!
- Help plan, promote and conduct the free monthly health education seminars. Upcoming topics include Massage and Supplemental Vitamins, AIDS, Stroke, Obesity, Heart Disease, and Arthritis