

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

JANUARY 2009

## Join the Club, Join the Class Get in Shape Now!

### **Runner & Jogger's Club**

**Mondays &  
Wednesdays**

**5:30pm**

**3 mile Walk/Run  
Bartlett Park**

**Meet at the gym**

**All People's TyRon  
Lewis Community Gym  
1327 MLKing St. So.  
St. Pete, FL**

**Led by Kobina  
Bantushango  
Group warmup**

### **Abs Class**

**Tuesdays &  
Thursdays**

**6:15pm**

**Uhuru House  
1245 18th Avenue S.  
St. Pete, FL**

**Led by certified  
personal trainer  
Nate Washington**

**All levels / intensity  
Bring a towel and  
water bottle**

**Free to TyRon Lewis Gym  
members  
\$5/class nonmembers**

## Our Mission

The African Peoples Education & Defense Fund strives to develop and institutionalize programs to defend the human civil rights of the African community, and to address the grave disparities in education, health, healthcare, and economic development faced by the African community.

African Peoples Education  
& Defense Fund  
1245 18th Avenue South  
St. Petersburg, FL 33705  
727-821-2437

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

**Convenient Hours:**  
**NOW OPEN at 5AM**  
**weekdays!**  
Monday - Friday  
5 AM - 9 PM  
Saturday 8 AM - 4 PM  
Sunday CLOSED

## Colonialism is Bad for Your Health!

### Listen Live – Internet Radio

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

### Every Sunday 2 - 4pm

### Interviews \* Health Info



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**Join the APEDF Wellness Committee!**  
**APEDF Wellness Center, 1327 ML King St. So., St. Pete**

- \* Help write articles & take photos for the Healthy Connections Newsletter!
- \* Help plan and promote free monthly health education seminars!

**Call 727-821-2437**