

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

FEBRUARY 2009

Three Good Ways To Get Fit!

Group Circuit Training

Mon & Wed
6-7am

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

*Led by certified personal
trainer Nate Washington*

Free to Gym members
\$5/class nonmembers

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 & water bottle*

Free to Gym members
\$5/class nonmembers

Runner & Jogger's Club

Mondays & Wednesdays 5:30pm
3 mile Walk/Run Bartlett Park

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

Led by Kobina Bantushango with group warmup; Bring water

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

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