

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 2009

## Spring into Fitness Action!

### 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

NONPROFIT ORG  
US POSTAGE PAID  
ST. PETERSBURG FL  
PERMIT #2286



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**



H

**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**