



State Representative Dwight Evans

presents

TWO BIG EVENTS

MONDAY, JANUARY 19TH

Healthy Body-Healthy Mind-Healthy Community Health Fair

8:30 AM - 12:30 PM

SCREENINGS:

Blood Pressure • Dental • Diabetes • BMI (Body Mass Index)

Action Activities:

Fencing • Lacrosse • Tennis • Aerobics for the mature
Video Exercise Demonstration

Workshops:

CPR (*Get Certified*) • Controlling Asthma through Exercise
Cooking & Eating Right Without Losing Taste
Stress Relief for Everyone – Easy Yoga 123

Registration is required for the workshops to ensure everyone can be accommodated.

VOLUNTEER Opportunities:

Project Linus: Making blankets for ailing children
Energy Conservation Workshop followed by Community Project
Supporting our Troops and One of Our Own
Care Package Donation and Assembly

*During the day we will be accepting donations for care packages to send to
Jalena A. Baumgartner (MLK Class of 2007) and her platoon serving in Iraq. Items
needed are: toothpaste, toothbrushes, non-aerosol deodorant, lotion, shampoo,
conditioner, chapstick, white or black crew socks and twin flat sheets.*

Participating Partners

Albert Einstein Healthcare Network
Black Women in Sport Foundation
Delaware Valley Stroke Council
Department of Behavioral Health and Mental
Retardation Services
FOUNDATIONS, Inc.
Fresh Grocer
Greater Philadelphia Hunger Coalition
NORC
OARC
Office of Councilwoman Marian Tasco
Office of Councilwoman Donna Reed Miller
PA Health Law Program
PhillyHealthInfo.Org
Red Cross of Southeastern PA
St. Christopher's Hospital for Children
State Reps. John Myers & Cherelle Parker
State Senator LeAnna Washington
Weavers Way Co-Op, Ogontz

The Philadelphia Orchestra's Martin Luther King Jr. Tribute Concert

7:00 PM

Led by Conductor Thomas Wilkins

With Special Performances by Charlotte Blake Alston And The All City Choir

Free tickets are currently available from my office.

7174 Ogontz Avenue, Philadelphia, PA 19138 • 215-549-0220



LIMIT 4 TICKETS PER PERSON • SORRY, WE CANNOT HOLD OR RESERVE TICKETS