



## Parents and students, grades K-8, you are invited!

To honor Dr. Martin Luther King, Jr., **State Representative La Shawn K. Ford will sponsor the 10th Annual Family Health CHALLENGE on Monday, January 16, 2017** for students in grades K-8 from Chicago and surrounding communities, coordinated by Lynn Allen and in association with Paul Simon Chicago Job Corps Center and the New Jerusalem Lodge of M.W.P.H.G.L. of Illinois. Students will participate in **active games and nutrition activities** that will promote healthy eating, physical activity, teamwork, sportsmanship, excellence, and intercultural understanding. The event starts with a presentation to relive and celebrate Dr. King's dream. Lynn Allen will facilitate activities including: **Hula Hoop, Jump Rope, Obstacle Course, Basketball, Dance, Nutritional Games, a Service Project, & Adult Fitness Demos, Adult Fitness Consultations and 1, 2, 3, and 5K walk-runs**. Experienced dieticians will teach students how to eat smart. A special nutrition session is designed for parents. Students will also enjoy a tasty and nutritious lunch.

**Percy Julian Middle School  
416 S. Ridgeland Ave  
Oak Park, IL 60302  
Monday, January 16, 2017, 9 a.m. - 2 p.m.  
Registration begins at 9 a.m.  
Please come in athletic clothes and gym shoes.**

Yes, I give permission for my child to participate in State Rep. La Shawn K. Ford's 10th Annual Health CHALLENGE.  
Child's Name \_\_\_\_\_ Grade: \_\_\_\_\_

Parent/Guardian's Name \_\_\_\_\_

Parent/Guardian's Signature \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Contact Number: \_\_\_\_\_

School: \_\_\_\_\_

**For questions, call Rep. Ford at 773-378-5902, or visit [www.lashawnford.com](http://www.lashawnford.com).  
Return form by January 12, 2017 to [mlk2017@lashawnford.com](mailto:mlk2017@lashawnford.com) or fax to [480-287-8750](tel:480-287-8750).**

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