

Eighth District State Representative

La Shawn K. Ford's
3rd Annual Health CHALLENGE
Honoring Dr. Martin Luther King, Jr.

PARENTS!

**You are invited to a Day of Relaxation
and Self Care!**

**Enjoy Dance Therapy, Art Therapy,
Relaxing Techniques, Meditation, and
Yoga!**



JLM Abundant Life Community Center

2622 W. Jackson, Chicago, IL 60612

January 18, 2010, 10:00AM-2:00PM

Registration begins at 9:00 AM

Please come in comfortable attire

Give back by donating : 1 canned good

Contact the JLM Abundant Life Center or Willie Williams
at 773-733- 5301 or fax 773-359-4021.