



January 13, 2021

Celebrating Rev. Dr. Martin Luther King, Jr.

Happy Birthday, Dr. King! This year we all were looking forward to celebrating the legacy of Dr. King by holding our 14th Annual Family HEALTH CHALLENGE honoring Rev. Dr. Martin Luther King, Jr. with LIVE events like we have had in the past for students and the whole family. In the past, we have honored Dr. King with a special historical program and healthy activities such as learning about healthy eating, fun games, yoga, African dance, and gymnastics at a school on the West Side or in Oak Park or Berwyn. We were always grateful to work closely with Zeta Phi Beta – Tau Xi Zeta Chapter, and I want to thank them for all of the hard work they have always put in to make these events a success.

However, 2020 and 2021 are certainly different for all of us, and our 14th Annual Family HEALTH CHALLENGE honoring Rev. Dr. Martin Luther King, Jr. will be a little different, too. It will be virtual!

On the national holiday to honor Dr. King, it is great that we can come together virtually to not only learn more about Dr. King's life and participate in activities that promote healthy living in our community. And of course, the theme this year will be All About COVID-19.

I am happy to partner with Lawndale Christian Health Center and others for this year's event. We will concentrate on how the largest health issue of our current day, COVID-19, is affecting all of us, and how we can stay healthy through this time.

We will have segments on:

- Tribute Honoring Dr. Martin Luther King, Jr.
- How to stay physically healthy during COVID-19
- Virtual Exercises!
- Healthy Recipes!
- How to stay mentally healthy during COVID-19
- What about the COVID-19 vaccine?

Who: State Rep. La Shawn K. Ford; Lawndale Christian Health Center, other interested parties, and YOU

What: Rep. Ford's 14th Annual Family HEALTH CHALLENGE honoring Rev. Dr. Martin Luther King, Jr.

When: Monday, January 18, 2020, 11:30 a.m. – 1 p.m.

Where: Via ZOOM – <https://us02web.zoom.us/join/9121396922>

Sincerely,

La Shawn K. Ford

State Representative-Eighth District