

# Press Release...



FROM THE OFFICE OF STATE REPRESENTATIVE LA SHAWN K. FORD

**For Immediate Release:**

January 17, 2016

**For More Information:**

State Rep. La Shawn K. Ford

773 378-5902

## **Ford Teams up with West Cook YMCA to Host** **9<sup>th</sup> Annual Family HEALTH CHALLENGE** **Honoring Dr. King**

**CHICAGO** – On Monday, January 18, 2016, the national holiday honoring Dr. King, state Representative La Shawn K. Ford, D-Chicago, will host his 9<sup>th</sup> Annual Family HEALTH CHALLENGE honoring Dr. Martin Luther King, Jr. at the West Cook YMCA in Oak Park.

“I am grateful that many organizations have come together over the years to make the Family HEALTH CHALLENGE a success, dedicated to the lifelong goals of Dr. King’s commitment to service,” said Ford. “The Family HEALTH CHALLENGE includes a presentation about Dr. King and fun physical activities for students in grades K through 8 - there will also be a service project and nutrition education for students and adults. At this event, black kids will join hands with white kids and brown kids to honor the life and legacy of Dr. Martin Luther King, Jr.”

Joining Rep. Ford in this year’s Family HEALTH CHALLENGE are the West Cook YMCA and Lynn Allen, Administrator of the Multicultural Resource Center of District 97 in Oak Park, which will be held at the West Cook YMCA, 255 S. Marion St, Oak Park, to expand the types of activities that can be held.

Also involved this year is the Tau Xi Zeta Chapter of the Zeta Phi Beta Sorority, which has volunteered at many of the previous HEALTH CHALLENGES. “At our HEALTH CHALLENGE, students and parents increase their awareness of the importance of physical activity and good nutrition by participating in many fun activities,” said Ford. “The West Cook Y supports healthy living, youth development and social responsibility, so I am grateful to partner with the Y to create a day filled with meaning rather than just a day away from school. Join us in a day to have fun, learn to be physically fit and eat right, and honor Dr. King on his holiday and every day!”

For more information, contact one of Ford’s constituent service offices: 816 S. Oak Park Avenue in Oak Park at [708-445-3673](tel:708-445-3673), 4800 W. Chicago Avenue in Chicago at [773-378-5902](tel:773-378-5902) or in the Stratton Office Building in Springfield at [217-782-5962](tel:217-782-5962), or visit [www.lashawnford.com](http://www.lashawnford.com).

<b>Who:</b>	<b>State Rep. La Shawn K. Ford, West Cook YMCA, Lynn Allen-Administrator of District 97 Multicultural Center, Zeta Phi Beta Sorority, and others</b>
<b>What:</b>	<b>9<sup>th</sup> Annual Family HEALTH CHALLENGE honoring Dr. Martin Luther King, Jr.</b>
<b>When:</b>	<b>Monday, January 18, 2016, 9:30 a.m. – 2:30 p.m.</b>
<b>Where:</b>	<b>West Cook YMCA, 255 S. Marion St, Oak Park, IL 60302</b>

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