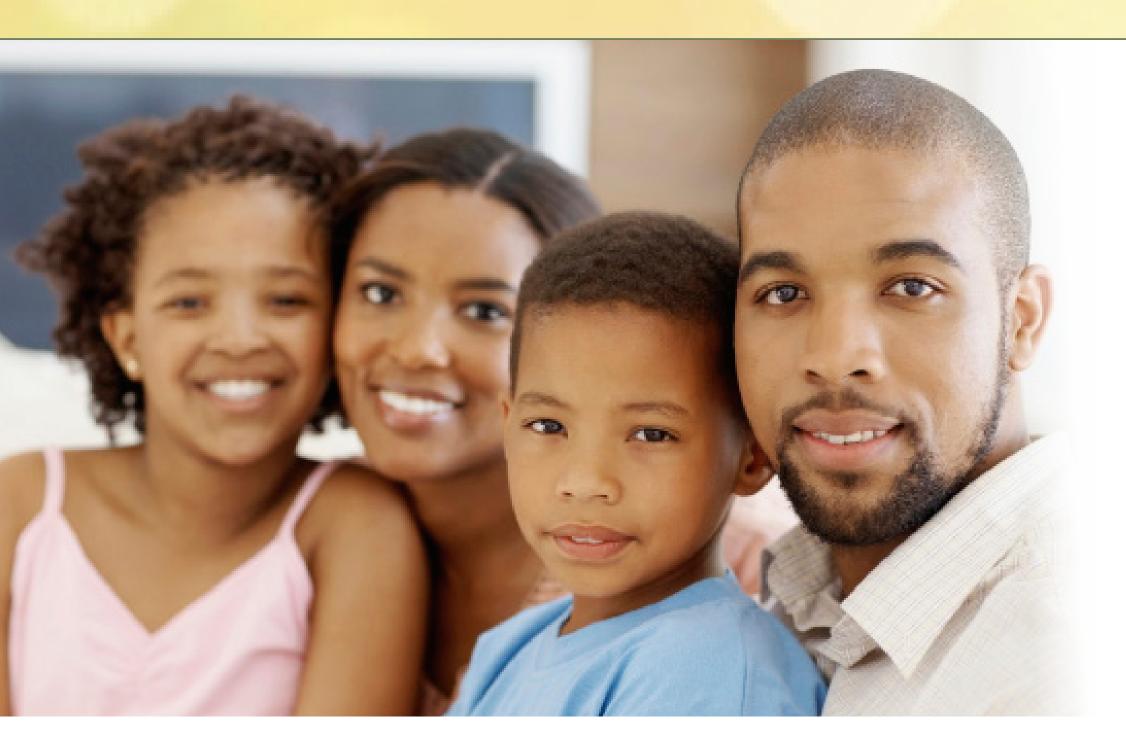
# SavesDate

### African American Health Empowerment Expo

One of the highest tributes we can pay to our families is to be healthy!

Sponsored by LMCHD and in collaboration with East County African American Health Empowerment Collaborative.



## Saturday Sept. 24, 2016

8 am-2:30 pm

Pittsburg High School 1750 Harbor Street Pittsburg, CA 94565

For more information visit or contact africanamericanhealth.us
Lynnette Watts, AAHEC Chair, Project Director 925-407-6207

#### Be Healthy

- Fit Walk
- Get Moving Activity Sessions
- Cooking Demonstration
- Health Awareness Tips
- No Cost Health Screening
- Community Resources
- Entertainment & Prizes
- Family Fun

#### A NO COST EVENT OPEN TO THE COMMUNITY!















www.facebook.com/African-American-Health-Empowerment-Collaborative-1425146887710451