

Save a Date

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.



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



Saturday Sept. 24, 2016

8 am–2:30 pm

Pittsburg High School
1750 Harbor Street
Pittsburg, CA 94565

Be Healthy

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

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



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

