Supervisor
Mark Ridley-Thomas
Los Angeles County · Second District
http://Ridley-Thomas.LACounty.gov

IN CELEBRATION OF NATIONAL HEALTH CENTERS WEEK

Supervisor Mark Ridley-Thomas

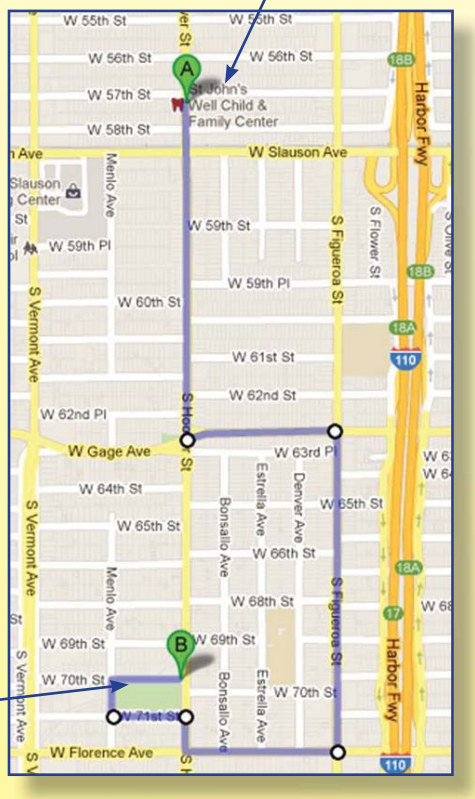
in conjunction with

Southside Coalition of Community Health Centers and The Empowerment Congress

invite you on a walk

Wednesday, August 8 at 9:00am

START:
St. John's
5701 S. Hoover St.
Los Angeles, CA 90037



FINISH:
Mt. Carmel Park

Supervisor Ridley-Thomas, the Coalition of Community Health Centers and the Empowerment Congress will host a 2-MILE WALK from ST. JOHN'S WELL CHILD AND FAMILY CENTER to UMMA COMMUNITY CLINIC finishing the walk on the grounds of Mt. Carmel Park.

Walk back to St. John's is one-mile – rides will be available to return to the health center.

SOUTHSIDE COALITION OF COMMUNITY HEALTH CENTERS

BUILDING HEALTHY COMMUNITIES SOUTH LOS ANGELES

UMMA COMMUNITY CLINIC
Healthcare for all, inspired by Islam

St. John's Well Child & Family Center

PROMOTING A HEALTHY LIFE STYLE BY GETTING OUR BODIES *IN MOTION*!!

We will also provide the following services:

- Blood Pressure Screenings
- Diabetes Screenings
- Body Mass Index
- Information on Healthy Way LA
- Voter Registration
- Healthy Cooking Demonstration

RSVP REQUESTED: YOLANDA@SOUTHSIDECOALITION.ORG OR (213) 741-0821 X262

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CELEBRANDO LA SEMANA NACIONAL DE CENTROS DE SALUD

Supervisor Mark Ridley-Thomas

en conjunto con

Southside Coalition of Community Health Centers y The Empowerment Congress

los invitan a una caminata

el Miércoles 8 de Agosto a las 9:00 a.m.

COMIENZA:
St. John's
5701 S. Hoover St.
Los Angeles, CA 90037

Supervisor Mark Ridley-Thomas, Southside Coalition of Community Health Centers y Empowerment Congress serán los anfitriones de una CAMINATA DE 2 MILLAS que comenzara en ST. JOHN'S WELL CHILD y FAMILY CENTER to UMMA COMMUNITY CLINIC. La camina terminara en los jardines del Mt. Carmel Park.

El regreso de la caminata a St. John's Well Child es de una milla y habrá transporte disponible para regresar al centro de salud.

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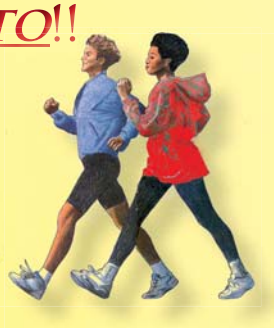
TERMINA:
Mt. Carmel Park

PROMOVIENDO UN ESTILO DE VIDA SALUDABLE MANTENIENDO NUESTROS CUERPOS *EN MOVIMIENTO*!!

También habra los siguientes servicios:

- Chequeos de la presión arterial
- Chequeos de la Diabetes
- Index de masa corporal
- Información de Healthy Way LA
- Registración para Votar
- Demostración para cocinar saludable



HAGA SU RESERVACIÓN: YOLANDA@SOUTHSIDECOALITION.ORG OR (213) 741-0821 X262