

Join The Martin Luther King, Jr. Family Clinic And Support "Fit 4 The King Day"!

WHEN: AUGUST 6 From 8 am – 5 pm **WHERE:** St. Philip's School & Community Center **Address:** 1600 Pennsylvania, Dallas, TX 75215

It's a DAY for the entire FAMILY! Learn Your BMI and Enjoy A Variety of EXERCISES CLASSES and WAYS TO GET MOVING!

Enjoy lessons on Yoga, Swing Out, Line Dancing, Belly Dancing, Low Impact Fitness, Boot Camp, Stretching Exercises, Steppin' and MORE!

Bounce Houses, Obstacle Courses, Hula Hoop, Jump Rope and Double Dutch to name a few! A 50" TV/Wii and Dance Games, and Wii Game Trailer.

A variety of VENDORS offering Healthy foods, drinks and snacks to purchase. Chicken tacos, turkey burgers, turkey dogs, smoothies, and more!

PLUS... Free HEALTH Screenings And Fun For The Entire Family!

All funds raised will benefit
The Martin Luther King, Jr. Family Clinic!

(A non-profit organization!)



The Martin Luther King, Jr. Family Clinic

25 years of service!

ADMISSION AT THE DOOR IS \$15 PER PERSON! REGISTER EARLY FOR \$10.00 A PERSON!

EVENT T-SHIRT AND SNACK BAG INCLUDED WITH ADMISSION FEE!

Register and pay before July 15th and it's \$10.00 per person. Organize your team, family, or just come alone! Call 214-426-3645, ext. 165 for questions!

Visit Us Online At mlkfamilyclinic.org
And CLICK LINK - "Fit 4 The King Day"!



The Martin Luther King, Jr. Family Clinic

A Special "Thanks" To All Our Sponsors!

