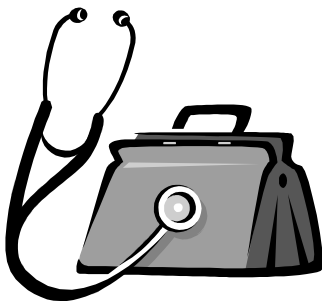


# Quarterly Health Literacy for African Immigrants Easy Educational Meeting

Thursday, October 21, 2010  
11:00AM

## TOPICS:

- 1) Accessing Local Clinics when you are not eligible for government medical assistance and cannot buy insurance:  
Best local clinics for the poor
- 2) Eating healthy and fighting obesity , the endurance legacy of Africans , modern exercise and easy recommendations  
(Group walking in the park, especially for women)
- 3) Preventive Screening
- 4) Staying away from junk food and soda: The joy of vegetarian diet and the universal healing power of water.
- 5) Addressing stress in a new environment.



\*Light lunch will be provided.  
For information call : (314)776-8885