

# Media Advisory...



FROM THE OFFICE OF STATE REPRESENTATIVE LA SHAWN K. FORD

For Immediate Release:  
January 11, 2010

For More Information:  
State Rep. La Shawn K. Ford  
(773) 378-5902 or (708) 445-3673

## **Rep. Ford To Host Students from Grades K-8 and their Families at His Third Annual HEALTH CHALLENGE**

*Event Will Honor Dr. Martin Luther King and Promote Healthy Lifestyles*

**CHICAGO** - State Rep. La Shawn K. Ford (D-Chicago) will be joined on Monday, January 18, 2010 by more than 20 local community organizations for his Third Annual HEALTH CHALLENGE, created to honor the legacy of Dr. Martin Luther King, Jr. and promote healthy living. Elementary school students and their parents will gather to participate in fun, small-scale physical activities and learn sound nutritional ideas.

“Our first Health Challenge was in Chicago and the second was in Berwyn, and this year’s event for students in grades K through 8 is in Oak Park,” Ford said. “By bringing a diverse group of students together to learn about Dr. King and promote healthy living, we are sending a message as a community that we want a better future and we want to work together to get there.”

For more information and registration forms, contact Rep. Ford’s constituent service offices at 773-378-5902 or 708-445-3673, or visit [www.lashawnford.com](http://www.lashawnford.com).

**What:** Third Annual HEALTH CHALLENGE to honor Dr. Martin Luther King, Jr.,  
For Students in Grades K-8

**Who:** State Rep. La Shawn K. Ford  
More than 20 health-related community organizations from Chicago, Oak  
Park, Berwyn, Riverside and North Riverside.

**When:** Monday, January 18, 2010  
10:00 AM to 1:00 PM, registration at 9 AM

**Where:** Oak Park and River Forest High School  
201 North Scoville Ave.  
Oak Park, IL 60302