

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 9-12 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 the JLM Community Center, Willie Williams Youth Foundation, PCC AmeriCorps and others for activities for students in grades 9-12 and their parents for his Third Annual HEALTH CHALLENGE, created to honor the legacy of Dr. Martin Luther King, Jr. and promote healthy living. High school students and their parents will gather to participate in fun, physical activities, learn sound nutritional ideas, participate in the 3 on 3 basketball tournament, meet Benny the Bull, dance in a dance party, and have a chance at raffles. A special program has been designed for parents, focused on a day of relaxation and self care.

"Our first and second HEALTH CHALLENGES focused on activities for students in grades K-8, and this year I am thrilled to team up with great partners to have activities for high school students," 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 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.

What: Third Annual HEALTH CHALLENGE to honor Dr. Martin Luther King, Jr. for Students in Grades 9-12
Who: State Rep. La Shawn K. Ford JLM Community Center, Willie Williams Youth Foundation, & PCC Americorps
When: Monday, January 18, 2010 10:00 AM to 3:00 PM, registration at 9 AM
Where: JLM Abundant Life Community Center 2622 W. Jackson Ave. Chicago, IL 60612