

February is **Heart Month!**

Did You Know??....Heart disease is the leading cause of death for women in the U.S. African-American women are likely to die from heart disease than any other race of women.



Lambda Epsilon Omega!!!

*Come and fellowship as we get our hearts healthy and bodies active with **ZUMBA** Fitness!*



Be Ready to Sweat!!!

Bring your Friends and Family Members with You!!

*Wear Your **AKA** Paraphernalia!!*

When: Saturday February 11, 2012

Time: 10:00a.m.

Cost: \$5/person

Where: Tadda's Fitness Camp

Location: 5404 Hillandale Park Court Lithonia, GA 30058

(located behind the Quick Trip on Panola Road)



If you have any questions, please contact Soror Djuana Stroud at 404-808-3308.