

# NATIONAL *Women's* HEALTH & FITNESS DAY



HOSTED BY: **SENATOR TONY MUÑOZ**

*and National Latino Education Institute*

**FRIDAY, SEPT. 13**

**NATIONAL LATINO  
EDUCATION INSTITUTE**

**2011 W. PERSHING ROAD  
CHICAGO, IL 60609  
10:00 AM – 2:00 PM**

**PLEASE JOIN US FOR A FULL  
DAY OF HEALTH AWARENESS  
AND EDUCATION!**

SPONSORED BY:



- Workshops on:**
- First Aid & CPR  
10:00am, 10:30am, 11:00am
  - NLEI Educational Programs  
11:00am – 11:30am
  - Prevention on Breast Cancer  
11:30am – 12:00pm
  - Nutrition & Diabetes Education  
12:00pm – 12:30pm
  - Yoga & Fitness  
12:30pm – 1:00pm

- Services from the Secretary of State:**
- Renewal/correction of driver's license
  - New/renewal/correction of State ID
  - License plate stickers
  - Motor voter registration with renewal of DL/ID
  - Organ donor registration with renewal DL/ID
  - Seniors age 65 and up (no charge for State ID)
  - Seniors age 75 and up need to visit DMV to renew Driver's license
- \* Proper identification will be needed for the above services.

- Diabetes Screening by The National Kidney Foundation
- CEDA will provide information regarding ComEd & Peoples Gas summer programs, Weatherization, WIC
- Information on how to deal with PTSD (post-traumatic stress disorder)
- Healthy snacks will be served

**& MUCH MORE!**

**The event is FREE and open to the public.**

**FOR MORE INFORMATION, PLEASE CONTACT  
SENATOR MUÑOZ'S DISTRICT OFFICE AT: 773-869-9050**