



FIT 4 THE KING

"Patient Wellness Challenge!"

Sign Up...Call 214-426-3645 ext 165 Or Email: info@mlkfamilyclinic.org

Presented By The Martin Luther King, Jr. Family Clinic



Join Us Every Saturday! The Martin Luther King, Jr. Family Clinic is inviting all patients to join the "Fit 4 The King Patient Wellness Challenge". Learn how to form good eating habits, exercise properly, cook healthy foods, and control weight. You could win **Prizes** and get **Healthy** at the same time! **CALL 214-426-3645, ext 165 and Sign Up Today!** **Address: 2922-B MLK, Jr. Blvd., Dallas TX 75215**

Help Stop Childhood Obesity!



Join Us Every Saturday!



 **Get Moving...**



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The Martin Luther King, Jr. Family Clinic
(A private practice healthcare group)