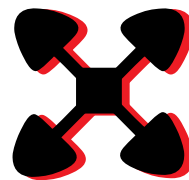


Project Ujima

A Program of the San Diego Unified School District



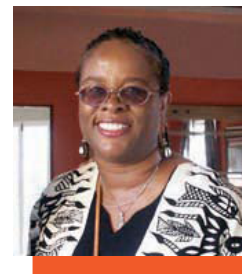
The Harold J. Ballard Parent Center invites you to attend a
free evening class for parents



Elneda Shannon

Thursday
January 12, 2012

Time: 5:30 p.m. to 7:30 p.m.



Dr. Pat Washington

An African American Perspective on:

“Healthy Choices That Promote Active Learning”

Parents will participate in an interactive workshop to learn more about healthy strategies for helping their children develop physically and mentally prepared to be alert and active learners.

Also A Special Presentation from Rasheedah Rashada
Health Educator, San Ysidro Health Clinic

*Culturally focused • Interactive workshops • Complimentary dinner 5:30 - 6:00
Homework station • Free childcare • Spanish translation • Door prizes*

For more information please contact Elneda Shannon at (619) 293-4431

Tubman/Chavez Multicultural Center
415 N. Euclid Ave, San Diego, CA 92114

Parent Outreach and Engagement Department
The Harold J. Ballard Parent Center and San Diego Parent University are funded by
the San Diego Unified School District's Title I Program and the Target Foundation.