

# FILIPINO HEALTH NIGHT



**Friday, October 28 • 6:30–9pm**

**Devonshire Cultural Center**

**4422 Greenwood St. , Skokie 60076**

**The Skokie Park District in collaboration with the Filipino-American community of Skokie, the Skokie Health Department, and Asian Human Services present a night of health education and fitness for Filipino residents.**

**The evening will focus on encouraging physical activity through fun and leisure in the Filipino community and will include:**

- Blood pressure station
- Health education and nutrition specific to the Filipino community
  - Instructional Zumba dancing
  - Light refreshments
- Health and fitness giveaways

**Filipino Health Night will be family-friendly and everyone is encouraged to participate. We hope this fun event will set you on a path to a healthy lifestyle. Please reference activity number 460081-1 when registering online or at any one of our park district facilities.**

**Limited to the first 100 participants**  
**SkokieParks.org • (847) 674-1500**

