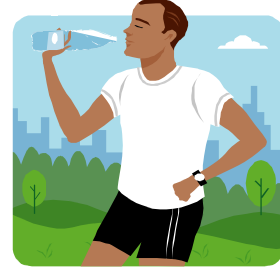


Delta Sigma Theta Sorority, Incorporated
Quaker City Alumnae Chapter

Delta Fit Day



General Health Information Low Impact Exercise for the Whole Family Nutrition Counseling

Saturday, November 14, 2009
2pm-4pm

Holy Cross Lutheran Church
500 Mt. Pleasant Avenue
Philadelphia, Pa 19119

Attire: Comfortable, loose fitting clothing, sneakers
Please Bring: A mat, towel and 2 non-perishable canned goods for our
Philabundance Food Drive (optional)
Admission is Free ~ Open to the Public

Refreshments will be served



Tracey D. Carter, President
www.dstquakercity.org