

**GET UP**

**GET FIT**

**GET HEALTHY**

**The Eritrean Community Center has organized  
an all-day picnic for its members and their  
friends**

**When:** SUNDAY AUG. 5, 2007 10:00 am - 6:00 pm

**Activities:** ONE MILE HEALTH WALK  
VALLEYBALL, SOCCER, TAG OF WAR

**Barbeque:** PREPARED FOR YOUR TEST AND YOUR  
HEALTH.

**Where:** HOPKINTON STATE PARK  
IN HOPKINTON MASS.

**PLEASE BRING YOUR FAMILY & FRIENDS  
DO NOT MISS THIS GREAT OUTING.**

This is part of "TAKE ACTION PROJECT"

**Organized by:** Eritrean Community Center (<http://www.eccboston.org>)

**Sponsored by:** Office of Disease Prevention & Health Promotion (ODPHP)  
And Regional Health Administrators ([www.healthierus.gov](http://www.healthierus.gov)  
[www.osophs.dhhs.gov](http://www.osophs.dhhs.gov))

**FOR DIRECTION TO HOPKINTON STATE PARK PLEASE CONTACT:  
Belai Tewolde at 617-427-1210 (ECC) or 617-833-3544 (Cell)**

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