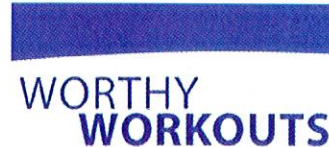


AFRICAN AMERICAN  CHAMBER OF COMMERCE
OF WESTERN PENNSYLVANIA

BUSINESS INSTITUTE

Presents

**“DIABETES: The Silent Killer
Self-Management of a Chronic Disease
“Optimum Fitness & Eye Care”**



Dr. Jerome R. Gloster, Medical Director for the North Side Christian Health Center will discuss the benefits of Diabetics having regular eye examinations and an Ophthalmologist use of the Fundus Eye Machine.

We will also welcome Heather Worthy, owner of Worthy Fitness and author of, *“Worthy Workouts: Two Circuit Training Routines Each Week to Reach Optimum Fitness in a Year.”* A Certified Personal Trainer & Group Exercise Instructor, Heather is also a Certified & Licensed Athletic Trainer, and Corrective Exercise Specialist. She will demonstrate exercises to help you reach optimum fitness.

**Tuesday, February 21, 2012
3:00P.M. – 5:00P.M.
Hill House Association
Kaufmann Center – Hillman Auditorium
1825 Centre Avenue**

Free Parking

RSVP By: Friday, February 17, 2012
412-392-0610 or information@aaccwp.com

Please plan to attend!