



**Delta Sigma Theta Sorority, Inc.  
Jefferson County Alumnae Chapter**

**Point of Grace Ministries  
American Diabetes Association  
presents**



**6<sup>th</sup> Annual Fitness N Motion**

**Saturday March 17, 2012**

**8:00 AM – 12:00 Noon**

**Location:**

Point of Grace Ministries  
500 Commons Drive  
Birmingham, AL 35209

**KIDS FUN ZONE!**

**ACTIVITIES!**

**GIVE-A-WAYS!**

**NUTRITIONAL COUNSELING!**

**BLOOD PRESSURE CHECKS!**

**CHAIR MASSAGE!**

**CHOLESTEROL SCREENING!**

Point of  
**Grace**  
CHURCH

**FITNESS TIPS!**

**FOOD!**

**DRINKS!**

A 5K Fun Walk/Run and Fitness Health Fair for friends and families!  
Race participants should arrive 30 minutes prior to start.

(For more information, please visit [www.fitnessnmotion.org](http://www.fitnessnmotion.org))

