

**January 18, 2010**

**9:00 am-Noon**

**Girard College Armory**

**2101 S. College Avenue**

**Philadelphia, PA**

**(Entrance near Girard & Corinthian Avenues)**

[www.mlkdayofservice.org](http://www.mlkdayofservice.org)

**215-665-2475**



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**GIRARD**

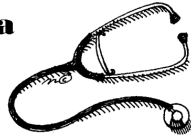
**COLLEGE**

**GRADES 1-12**

## *You're Invited!*

The Greater Philadelphia Martin Luther King Day of Service and Girard College have partnered to invite you to a special event on January 18<sup>th</sup>, 2010.

### **Greater Philadelphia King Day of Service Health & Wellness Fair**



- *Blood sugar and blood pressure testing*
- *Hearing & vision screenings*
- *Dental screenings & consultations*
- *HIV testing*
- *Fun-filled fitness workshops*
- *Healthy cooking demonstrations*
- *Much more!*

This is a family event and includes a **Kids Carnival** for younger audiences. At the Carnival, kids are encouraged to take part in arts & crafts projects and demonstrations that include:

### **KIDS CARNIVAL**



- **Dr. King-themed coloring & art projects**
- **Bracelet & button making**
- **Face-painting & balloon-making**
- **Storytelling & drumming**
- **A visit from Zoo on wheels**
- **Many more!**

Do you have an interest in giving back to your community? Would you like to learn more about volunteer opportunities in the Philadelphia area?

### **MLK365 Civic Engagement Expo**



Join Mayor Michael Nutter and dozens of organizations on January 18 for the 2nd King Day of Service Civic Engagement Expo.

Learn how these organizations are making a difference and how you can help. You will be able to get information and sign up to volunteer your time and talents.



# Free Community Workshops!

All Events located at Girard College on January 18, 2010

## The Cecil B. Moore Philadelphia Freedom Fighters, "We Were There: A Point From the Past, To Better the Future" 11:15 am



The Freedom Fighters are a group of men and women who fought with Dr. King to secure the integration of Girard College, a K-12 school in North Philadelphia. They also demonstrated throughout the nation to attain Civil Rights. The workshops will offer students and community members the unique opportunity to learn first-hand about Civil Rights leaders' challenges and triumphs, especially in regards to Girard College and the legal challenges that went to the U.S. Supreme Court four times in the 1950s and 60s in regards to integration.

The Freedom Fighters' presentation will consist of an interactive PowerPoint presentation with photos and media illustrating the Freedom Fighters' nonviolent demonstrations, a candid discussion about what life was like in the 60's for each of the Freedom Fighters personally, as well as a demonstration of the "freedom songs" and their impact on the morality of the nonviolent demonstrators. Finally, ideas and methods on how to advance Dr. King's life's efforts in oneself, family and community will be discussed in a brainstorming fashion.

## Learn to Save Money and Save Energy! Energy Conservation Workshops 9:30 am, 10:15 am, 11:00 am



During the MLK Day of Service, Energy Coordinating Agency (ECA) will offer 3 opportunities for participants to attend an energy conservation workshop at Girard College. The workshops will teach participants how to save energy and money by implementing cost-effective energy conservation techniques in their own home. As part of the workshops, ECA will educate participants about the importance of sealing drafts to solve comfort problems and the energy saving benefits of installing automatic clock thermostats, insulation and efficient equipment. As global climate change and rising energy prices become growing concerns, it is more important than ever to learn and begin implementing this information now. The simple, cost-effective, do-it-yourself energy conservation techniques taught in these workshops can save residents at least 5% on their utility bills. PECO will also provide an energy-efficient Compact Fluorescent Lamp to everyone who attends a workshop.

## "Ready, or Not?" - Learn How to Keep your Family Safe when a Disaster Strikes! 9:15 am



Join the Philadelphia Office of Emergency Management, the Philadelphia Department of Public Health and the Philadelphia Police and Fire Departments who will present a Personal and Family Preparedness Workshop:

### Are you READY?

- What kind of emergency may affect you?

- What supplies will you need?
- Do you know how to Shelter in Place?
- Where will you go if you need to evacuate?
- How can you help when an emergency strikes?
- Learn how to practice home fire drills and complete a fire safety checklist for your home.
- Get the most up-to-date information on seasonal and H1N1 flu.
- Sign up for emergency text alerts and alerts from the Police Department.
- How can you help during an emergency? Learn about volunteer opportunities and where you can take basic first-aid and CPR courses, and more.

Preparing for you and your family makes sense. Get ready now.  
Get a kit. Make a plan. Be informed. Get involved!  
RSVP at [OEM@phila.gov](mailto:OEM@phila.gov) or call 215-683-3250.

**Don't Leave Your Pet Behind! Learn How to Keep your Pet Safe when a Disaster Strikes!**  
10:45 am



Join the Philadelphia Office of Emergency Management and the Pennsylvania SPCA for a Pet Preparedness Workshop. We all saw the gut-wrenching scenes during Katrina, when pet owners would not leave their homes without their pets.

**Are you READY?**

- What will you do with your pet during an emergency?
- Do you have a kit with emergency supplies for your pet?
- Should you bring your pet with you if you have to evacuate?
- Will your pet be able to stay with you at a City emergency shelter?
- Will all shelters accept pets?
- What should you do if you are separated from your pet?
- What should you do if you find an abandoned pet?
- How can you get involved to help pets during an emergency? Learn how to become a PA SPCA volunteer who will staff the City's emergency shelters where people can collocate with their pets when a disaster strikes!

**Preparing for your pet makes sense. Get ready now.  
Get a kit. Make a plan. Be informed. Get involved!**  
RSVP at [OEM@phila.gov](mailto:OEM@phila.gov) or call 215-683-3250.

**Berean Institute & Tri-City Berean Barber School**  
9:00am – 12:00pm



Berean Institute's Cosmetology Department located at 1901 W. Girard Avenue, Philadelphia, PA 19130 offers full and part-time license preparation courses for stylists and instructors. Our curriculum provides instruction in styling all hair textures, haircutting, coloring, chemical texturizing, nail technology, facials, make-up, salon management and teaching techniques. Our Cosmetology Clinic is open daily from 9 am. until 3 pm. providing hair, skin and nail services to the public which allows students to acquire necessary hands-on experience. We attend beauty industry shows, training and activities. We are proud to be a participant in the Martin Luther King Day of Service by providing free haircuts, shape-up and mini manicuring services to local senior citizens.

**YMCA Columbia Branch**  
**Aerobics Class & Demonstration**  
10:00 am



The YMCA will host a 20 minute mini aerobics class demonstration for any community members. Information on YMCA programs, services, and healthy eating habits will be distributed, and FREE mini-fitness assessments will be conducted.

**Zhang Sah: Martial Arts Workshops**  
**(For Children Ages 4+)**  
9:00 am, 10:00 am, 11:00 am



Zhang Sah will provide free martial arts lessons every hour starting at 9am to children ages 4 and up. Any children under 16 will need a parent or guardian to give them permission to participate.

**For more information about the  
Greater Philadelphia Martin Luther King Day of Service  
or MLK365 please contact Global Citizen:**

# **Global Citizen**

***Think Globally. Act Locally.***

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