



Revive the Spirit 2013 Through Reaching for the Goal

Saturday, January 26, 2013

8:30a.m. – 3:00p.m.

St. Luke Center

4923 E. Capitol St., SE

Washington, D. C. 20019

Activities Will Include:

- Life Planning
- Health Education & Testing
- Exercise
- Meditation & Journaling
- Healthy Lite Breakfast and Lunch
- Arts & Crafts
- Line Dancing
- *Basketball Game for Adults
- Pee Wee Basketball Game – parental supervision required

First Lady Michelle Obama's *Let's Move!* Campaign encourages children and adults to engage in healthy eating and physical activity. The First Lady states *"The physical and emotional health of an entire generation and the economic health and security of our nation is at stake."*

Through health conscious presentations, exercises, dance, future telling/life planning and healthy eating, "Revive the Spirit 2013", plans to pave the way for change and celebrate those who have made a commitment.

**Come join us and reach
for your health, life
planning and exercise
goals!!!**

Eligibility to Play Basketball

- Must be 18 or older
- Will be required to sign a liability waiver
- No gang affiliations
- Must follow all of the rules set forward by CSOSA, St. Luke, coaches and referees
- Participants will be removed from the game if there is a lack of good sportsmanship
- The Pee Wee Game for children 6 – 10 years old will require parental supervision

To attend, please contact your CSOSA Community Supervision Officer (CSO) to register your attendance before January 20, 2013 Walk-ins will not be allowed to play basketball on the adult team! Health testing will occur at this event. Participation is voluntary and such services are not provided by CSOSA or the responsibility of CSOSA. In case of inclement weather (closing of City Libraries) a new date will be announced.

