



**Mutual Assistance Network in
partnership with Kappa Alpha Psi
Fraternity Inc. Nthuv Tawm**



Fitness Expo

Lub caij nplooj ntoos hlav no
guav tsum tawm rooj mus dhia

**Tuaj
Dawb**

Hnub Saturday, Lub 3 Hlis, Tim 9, Xyoo 2013

Sij Hawm: 11 AM-2 PM

Nyob Rau Ntawm:

Johnston Community Center

231 Eleanor Avenue

Sacramento, CA 95815




Kev lom zem rau tsev neeg
Laus thlab MeNyuum los tuaj tau

 Muaj kev ua
qauv qhia pub
rau koj

 Muaj kuaj mob
los yog ntsuas mob puj dawb

 Muaj kev ua si rau txhua tus

 Muaj rau npe rau chav tuaj dhia ua
si kom muaj zog

**YEEJ
KHOOM
DAWB**

Xav paub ntau dua
no hu rau ntawm
(916)927-7694