

1<sup>st</sup> Fridays

THE GOLDEN STATE  
AN AFTERNOON BETWEEN 2 DISCOUNTS WITHIN

1<sup>st</sup> Fridays'

Health,  
Fitness &  
Wellness  
Edition

January  
8<sup>th</sup>, 2010

Dr. Christopher Morgan, Chair of the Black Health Alliance, encourages an attentive 1<sup>st</sup> Fridays' audience towards better health.

