



**FAB Families: MUST READ!**

**You Made Us FABulous!**

Dear Community Members,

As many of you know, **FAB Families** is a result of a 3-year federal grant received by the **YMCA of Greater Saint Petersburg (YMCA)** almost 3 years ago because of the high rates of diabetes and childhood obesity among African-Americans in St. Petersburg. During this time, **FAB Families** has regularly provided **FREE** exercise and cooking classes throughout the community. Our most popular exercise classes are the Electric Slide Aerobics Classes provided by our partnership with the **James B. Sanderlin Neighborhood Family Center** AND the exercise classes offered at Johnnie Ruth Clark Health Center provided by our partnership with **Community Health Centers of Pinellas, Inc.**, which also provides diabetic services. The **YMCA** has provided very popular exercise classes too. Also, over the years we have seen a huge jump in participation in the **FREE** Cooking Classes which are provided by our partnership with the **Pinellas County Extension**.

Many of you participated in our community-sponsored events such as the FAB Families Diabetic Summit in 2009 at the Enoch Davis Center and the FAB Families Electric Slide Bash earlier this year that was sponsored by our partnership with the **Pinellas County Health Department's Office of Minority Health**. In addition, the Black Nurses Association and the **Midtown Health Council** have provided us with tremendous support EVERYTIME we asked them.

For the previous 2 years, we have had the honor of awarding mini-grants to a number of organizations in the faith-based community to assist with providing innovative and exciting programs that align with the goals of **FAB Families**. Likewise, **Churches United For Healthier Congregations** has provided us with amazing support in its partnership with us.

**FAB Families** has grown significantly since we first started. Last year alone, 3,153 people participated in our programs. This could not have happened without YOU, the community. We invested in you and you invested in us. **TOGETHER, WE made FAB Families FABULOUS!**

Although **FAB Families** will end August 31<sup>st</sup>, the spirit of what has begun should NOT end. We have heard testimony after testimony on how this grant has had a positive impact on the lives of MANY of YOU. So, for the remaining period of the grant please continue to take advantage of our **FREE** programs. **NOTE: A special event is being planned. More information to follow.**

Sincerely,

*Keisha Bell, JD--FAB Families Project Manager*

