

Please join us for

A TASTE OF AFRICA

Dinner & Exhibition

Sunday, December 8, 2013 3 - 5 pm

African buffet dinner, exhibits of local nonprofits,
music, art, books and wares

Free Exhibition. \$25 donation for dinner buffet

and

Zumba Fitness Party

\$20 to benefit Able & Willing projects

Friday, December 6, 2013 5 - 7 pm

2 certified Zumba instructors lead a high-energy class
featuring Latin and International beats.

Both events to be held at
Way Station, 230 W. Patrick, Frederick, MD

Tax deductible donations support projects of



More info at <http://AbleAndWilling.org>

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