



**ABAN INSTITUTE AND ASSOCIATES, INC. (ABAN)  
PRESENTS**



## **HEALTHY ACTIVITIES PROMOTION PROJECT FOR YOU (HAPPY)**

Every Saturday, from June through September, Aban hosts free wellness events at Anacostia Park Roller Skating Pavilion. We focus on a particular health issue and invite community organizations, government agencies, businesses, and individuals to partner with us and provide their resource, information, and/or testing services for free to the community.

Bring the family and join us this summer. You can roller skate for free and get great health and wellness information, too.

Contact us: 202-439-6343 or email:  
[abaninstitute@gmail.com](mailto:abaninstitute@gmail.com)

Our goal is to:

- Increase knowledge about wellness
- Promote exercise and healthier living activities
- Encourage prevention, early detection, and treatment of chronic illnesses.

July 10 **CANCER PREVENTION**

July 17 **HOLISTIC HEALTH**

July 24 **CHILDREN'S HEALTH**

July 31 **WOMEN'S HEALTH**

August 7 **MEN'S HEALTH**

August 14 **VIOLENCE PREVENTION**

August 21 **MENTAL HEALTH AND  
SUBSTANCE ABUSE PREVENTION**

August 28 **WORDS, ART, DANCE and MUSIC**

September 11 **EcoFRIENDLY Day**

Visit our website for more information:

[www.abaninstitute.org](http://www.abaninstitute.org)



*Anacostia Park Roller Skating Pavilion  
(NPS) is located at 1900 Anacostia Drive,  
SE Washington, DC 20020 (North end)*