



Use your head, Use your helmet *Every time you ride!*

Ride a bike, scooter, or
skateboard?

Need a Helmet?

Ask us about our bicycle
helmet program



Did You Know:

- If you wear a helmet, you're less likely to be injured when you crash
- The law says you have to wear a helmet until the age of 18

Every 4th Thursday:

June 22nd

July 27th

August 24th

**Mutual Assistance Network
Firehouse Community Center
810 Grand Avenue
Long Xiong
(916) 567-9567 x 201**



**Family Resource
Center**

Funding provided by:



Funding for Mutual Assistance Network Birth & Beyond Family Resource Center is provided by the First 5 Sacramento Commission which uses Proposition 10 (tobacco tax) funds to support the healthy development of children ages zero to five. Additional information about the First 5 Sacramento Commission is online at www.first5sacramento.net or by calling 916-876-5865.

**KOHL'S
Cares** 

**UC DAVIS
CHILDREN'S HOSPITAL**