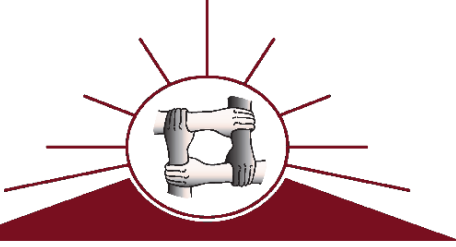


Use your head, Use your helmet *Every time you ride!*



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

Thursday:

March 22nd

April 26th

May 24th

June 28th

July 26th

August 23rd

Mutual Assistance Network
Firehouse Community Center

810 Grand Avenue

Mary Vang

(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.



UC DAVIS

CHILDREN'S HOSPITAL