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:**
- October 25th
- November 29th
- December 27th

**January 24th**
- February 21st
- March 28th

**Mutual Assistance Network**
Firehouse Community Center
810 Grand Avenue
Keiko Lacy
(916) 567-9567

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**Birth & Beyond**

**Family Resource Center**

**Funding provided by:**

**FIRST 5 SACRAMENTO**

Funding for Mutual Assistance Network Birth & Beyond Family Resource Center is provided by the First 5 Sacramento Commission which uses Proposition 16 (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 916-876-5665.