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

**Thursdays: 4:00pm-5:00pm**

June 27th
July 25th
August 22nd

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