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 from 4:00pm-5:00pm**
- November 21, 2019
- December 19, 2019
- January 23, 2020

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

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 916-876-5865.