



**COME JOIN US FOR SOME FUN... AND FITNESS! TRY OUT A VARIETY OF SPORTS, LEARN ABOUT HEALTHY EATING, AND HOW TO PUT ACTIVITY INTO YOUR DAILY ROUTINE. DISCOVER FITNESS THROUGH GAMES, ACTIVITIES AND EDUCATION!**



Who: Children ages 5-12  
Time: Saturday November 21, 2009  
Registration at 8:30 am  
Activities begin at 9:00 am  
and end at 12 pm  
Place: Howe Park  
2201 Cottage Way  
Fee: Pre-registration: \$3  
Day of \$5  
Parents: Free

**QUESTIONS?**  
Contact Teri at  
tderosier@fecrecpark.com  
916-927-3802 x114

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