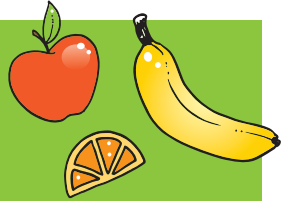




Exercise and fitness



Healthy Eating



Injury Prevention Tips



Halloween Safety Information



Trick or Treat your way to a healthy lifestyle!

Capitol Family Fun Day

Sunday, Oct. 23, 2011
10 a.m. ~ 2 p.m.

State Capitol (West Steps), Sacramento

Join us for this **FUN** and **FREE** event to promote safe and healthy children and families.

Free activities for kids

Child ID Kit to first 500 kids

- Wear your Halloween costume and visit our **Trick or Treat Safety** booth for a prize
- Meet Doctors, Nurses and other Specialists from the **UC Davis Children's Hospital**
- Visit the **UC Davis Children's Hospital** main stage for exciting entertainment and music
- Stop by the **Nugget Markets** Nutrition Zone for health-related information, samples, fun, giveaways, goodies, and a free pumpkin! (One pumpkin per child while supplies last. Free pumpkin coupon available at registration)
- Join **Radio Disney** for fun and music
- Learn great ways to Get Fit With Exercise in the **SAFE Credit Union** Fitness Zone
- Stop by the radio station booths and listen to **Live Broadcast Entertainment**
- Visit the **UC Davis Trauma Prevention Program** and **Kohl's Buckle Up to Grow Up** booth to learn about car seat and bicycle safety
- Check out many more booths on health, safety, nutrition and exercise
- See and fight germs at the **Pediatric Outpatient Clinic's** cool handwashing station
- **Grand Prize** — family Four Pack to Disneyland



For more information, call (916) 734-9638 or email capitolfamilyfunday@ucdmc.ucdavis.edu