



Trick or Treat your way to a healthy lifestyle!

Capitol Family Fun Day

Sunday, Oct. 24, 2010
10 a.m. ~ 2 p.m.

State Capitol (West Steps), Sacramento

Drawings and prizes
Free safety helmet fitting

Child ID Kit to first 500 kids
Free activities for kids

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

- 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
- Talk to Dr. Liz Applegate, UC Davis Nutrition Expert, in the Nugget Markets' **Nutrition Zone**
- **Food** will be available for purchase from Gold Rush Grille
- Join Radio Disney for **fun, music, games and prizes**
- Learn great ways to **Get Fit With Exercise** in the Fitness Zone
- Meet and greet your **favorite radio personalities**
- Visit the UC Davis Trauma Prevention Program and **Kohl's Buckle Up to Grow Up** booth to learn about **car seat, water and bicycle safety**
- Check out many more booths on health, safety, nutrition and exercise
- Parents, join your kids for the SAFE Credit Union Capitol Walk featuring Wolfie at 11 a.m.
- **Grand Prize** — family **Four Pack to Disneyland** provided by Kaneski Associates



For more information, call **(916) 734-9638**