



DATE: MARCH 10, 2012

TIME: 10AM - 2PM

WHERE: MARTIN LUTHER KING JR. PARK

ADDRESS: 1950 LEMON AVE., LONG BEACH, CA.

*Kids in the Kitchen is a \*\*FREE\*\* community event that serves to educate youth and families to make healthy food choices and "ReThink Your Drink". Families and children also participate in fitness challenges, a bicycle rodeo, hands-on cooking stations, veggie bowling and a buffet of snacks, games and activities that serve-up a healthy lifestyle.*



Miller  
Children's Hospital  
Long Beach

MEMORIALCARE HEALTH SYSTEM

**Kohl's Keeping Kids Safe Booth invites you**  
*to come get fitted for helmets, pick up reflector lights*

INJURY PREVENTION TIPS:

USE PROPERLY FITTED, SPORT-SPECIFIC SAFETY GEAR | LEARN WHAT SAFETY EQUIPMENT IS BEST FOR EACH ACTIVITY | STAY HYDRATED | PRACTICE SAFETY RULES | DON'T FORGET MOUTH GUARDS | PROTECT VISION WITH PROPER EYE GEAR | DON'T FORGET KNEE, ELBOW AND WRIST GUARDS