



# SAN MATEO POLICE ACTIVITIES LEAGUE SPRING 2017

San Mateo PAL  
200 Franklin Parkway  
San Mateo, California  
94403

Phone- 650-522-7725  
Fax- 650-522-7551

[www.sanmateopal.org](http://www.sanmateopal.org)

PAL offers FREE  
memberships to kids,  
ages 5-18 years old!

## Building the Bond Between Cops & Kids

A lot goes into being a healthy you.

Nutrition, exercise, peace of mind!

We will talk about food, portion, control, fitness,  
and everything that promotes healthy living in a fun  
and engaging way. Learn new ways of getting  
healthier.

Attend **all three sessions** for your **special gift**.

**Do it to be a better you!**

# HEALTHY ME!



**Date:** Thursdays

May 11th - May 25th

**Time:** 4:00-5:30pm

**Age:** 5-13 Years

**Meeting Location:**

King Recreation Center

**Cost:** FREE for PAL Members

**Course #:** 232116-A

Questions? Email:

[smpal@cityofsanmateo.org](mailto:smpal@cityofsanmateo.org)

To register, go to:

[sanmateorec.org](http://sanmateorec.org)

**\*\* PAL MEMBERSHIPS ARE FREE / SCHOLARSHIPS AVAILABLE \*\***