



# San Mateo Police Activities League Winter 2018

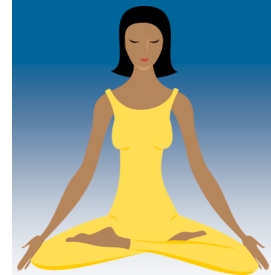
SMPAL  
200 Franklin Parkway  
San Mateo, CA.  
94403

650.522.7725  
[www.sanmateopal.org](http://www.sanmateopal.org)

Building the Bond Between Cops & Kids

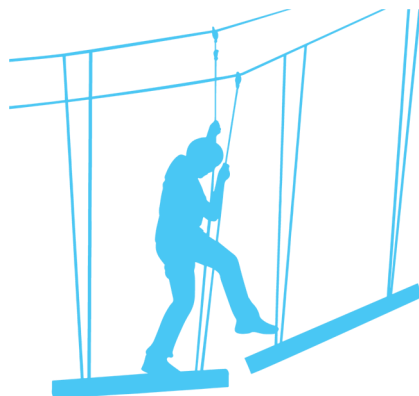


Join a great group of gal PALs as we head on a healthy journey of empowerment. This club will be actively working toward wellness of mind, body and spirit. Each week we will try tackling a new aspect of this journey together.



Examples of potential class activities include:

- Attending a Yoga Class
- Meditation
- Healthy Cooking
- Self Defense
- Speaker Series
- Team Building
- Group Trips



**Date:** Mondays, Jan. 22-Mar 19th  
(No class on Feb. 19th)

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

**Grades:** 4-10th

**Cost:** \$10

**Meeting Location:**

San Mateo Police Dept.  
200 Franklin Parkway, SM

**Course #:** 132191

Questions? Email:  
[smpal@cityofsanmateo.org](mailto:smpal@cityofsanmateo.org)

To register, go to:  
[sanmateorec.org](http://sanmateorec.org)

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