



SAN MATEO POLICE ACTIVITIES LEAGUE WINTER 2017

San Mateo PAL
200 Franklin Parkway
San Mateo, California
94403

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

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. Expect special guests to drop by to teach us new ways of getting healthier.

Attend **all four sessions** for your **special gift**

Do it to be a better you!



HEALTHY ME!



Date: Thursdays 3/16 thru 4/13

(No class April 6)

Time: 4:00-5:30pm

Age: 5-14 Years

Meeting Location:

King Recreation Center

Cost: FREE for PAL Members

Course #: 132116-A

Questions? Email:

smpal@cityofsanmateo.org

To register, go to:

sanmateorec.org

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