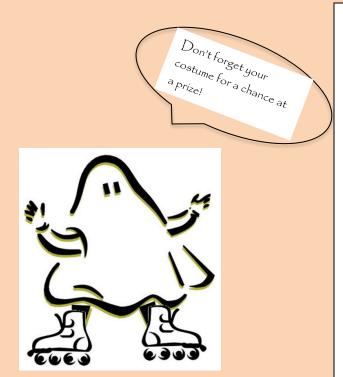
4-H Healthy Living Halloween Skate Party

Sunday October 16, 1~3pm Water City Sports: 2801 2nd Ave. Marina Anyone can come but any 4-H members dropped off or without parent must have a medical release form.



October is National Roller Skating month! 10 minutes of skating can burn 95 calories! Your body uses a number of muscles while skating - even if you are going slow.

Bring your own skates or roller blades or rent what the skate rink offers. Wear a fit bit or watch so you can keep track of how much exercise you get.

Wear any time of costume, cape, crazy hair, leggings, body paint, socks whatever! Be creative!

Healthy snacks will be provided. Bring your own bottle of water



Bring \$10 per skater and we will take of rest!

RSVP to Healthy Living Officer Mackenzie by Wednesday October 12 at (925) 917-0625 with how many are coming and if a parent is staying. This helps us plan the snacks and fun.

University of California Agriculture and Natural Resources 4-H Youth Development Program

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