

# SPIKE

**JULY 10-14**

# WEEK



*JOIN US FOR THESE FUN EVENTS!*

**Move it Monday** →

Physically engaging and fun activities for youth & Health Education Council's Rethink your Drink station from 10:00 AM to 12:00 PM!

**Sports Team Tuesday** →

Rep your favorite sports team & come out for sports games from 10:00 to 12:00!

**Wacky Wednesday** →

Wear your hair crazy, dress wacky, & come out for a Dr. Seuss Reading Circle from 10:00 to 12:00!

**California Thursday** →

Plant-a-Seed activity @ 10:00 & **Sac Food Bank free produce giveaway** @ 12:45!

**Fun Friday** →

Relay races, three legged race, water balloon toss, and more from 10:00 to 12:00!

**Free Healthy Meals for Youth Mon-Fri @ 12:15**  
**Fruit Ridge Community Collaborative**  
**4625 44<sup>th</sup> St. Sacramento, CA**

→ **KEEP THE FUN GOING ALL SUMMER LONG!**

