



# family palooza!

## Healthy Fun for Everyone.

Make plans now to join us for *familypalooza!* – a day of healthy fun for everyone. This exciting, FREE event will feature a day packed full of fun and healthy activities for the kid in all of us!

**Saturday  
June 11**

11 a.m. - 3 p.m.

**The Tracks at  
The Science  
Museum of  
Virginia**

2500 W. Broad St.  
Richmond

- Interactive Sports Activities
- Speed Pitch & Batting with the Flying Squirrels
- Hoops with UR Spiders
- Skills Training & Soccer with the Kickers
- Putting, Chipping & more with First Tee Golf
- Cooking Demonstrations for & by Kids
- Face Painting & Glitter Tattoos
- Kid Dance Demonstrations
- Juggling & Magic Shows by Jonathan Austin
- Petting Zoo
- McGruff the Crime Dog & his I.D. Station
- Meet Some of our Local Heroes and Tour the Firetrucks, Helicopters and Other Vehicles That Keep Us Safe
- Live Music, Games & Prizes from Radio Disney on the *familypalooza!* Stage
- Fun Exercise Routines
- Pictures with your Favorite Local Mascots including Snoopy, Nutzy, Risky, Kickeroo
- And Introducing Seymour from the Children's Museum & the NEW UR Spider Mascot

There'll be free health screenings. Plus, local pediatricians will be on hand to answer your health questions. Donations and vendor proceeds of *familypalooza!* go to the American Heart Association to support their fight against childhood obesity and early cardiovascular disease.

**Learn more at [women.hcavirginia.com](http://women.hcavirginia.com) or by calling (804) 320-DOCS (3627).**

