



# kidfest

health | sports | wellness

**Saturday, September 21**

**9 a.m. – 12:30 p.m.**

**Kaiser Permanente Baldwin Park Medical Center  
1011 Baldwin Park Boulevard, Baldwin Park**

Join us for a **FREE** pediatric health and fitness fair offering a variety of healthy behavior and physical activity booths for members and the community including:

- **Healthy Eating – games and healthy snack demonstrations**
- **Healthy Minds – thinking games for children**
- **Healthy Well-Being – family safety awareness**
- **Physical Activities – hula hoop, basketball shooting, soccer kicking, football throwing, hopscotch, four-square, volleyball, and Zumba sessions.**

Also check out our **Fitness Zones** that are located on campus. Each is equipped with a variety of different workout equipment.

**Fun and Fitness for the whole family!**

**Giveaways and opportunity drawings too.**