



# Children's Health Festival

at Audrey Moore RECenter, Wakefield Park  
8100 Braddock Rd., Annandale, VA • 703-321-7081

10a.m. – 2:30p.m. • October 13

Get into the **zone** for **fun, fitness** and **better health** for the **entire family!**

## ZONE 1: Be Active

- Hip Hop
- Kick Boxing
- Bike Rodeo
- Fun Run
- Roller Hockey
- Obstacle Course
- Climbing Wall
- Karate



sponsored by the  
Fairfax County Park Authority

## ZONE 2: Eat Well

- Information from Inova Hospital
- Healthy Recipes
- Food Samples
- Obesity Prevention
- Asthma Information
- Teen and Pre-Teen Nutritionist On Site



## ZONE 3: Be a Resource Steward

- Animals from Hidden Oaks Nature Center
- Corn cob darts, stick toss and other woodland games of Eastern American Indians
- Backyard Habitat

- The Environmental Protection Agency's Sunwise information
- Guided hikes on the Cross County Trail

sponsored by



## ZONE 4: Play it Safe

- Safe Kids Youth Coalition
- Drug Enforcement Agency
- Injury Prevention
- Emergency Preparedness



## ZONE 5: Be MORE Active

- Dance Dance Revolution
- Trazer
- Virtual Bike
- Exer-Station
- Sport Wall



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### Added Attraction: Monster Mash Mountain Bike Race



Sponsored by The Bike Lane, the race has divisions for adults and children of all skill levels and includes the championship for the Northern Virginia Youth Mountain Bike League.



**HEALTHY and STRONG  
KIDS' FITNESS EXPO**



For more information, visit *Trips for Kids Metro DC's* website, [www.tfkmetrodc.org](http://www.tfkmetrodc.org)