



Healthy Parks
Healthy People

FESTIVAL

Celebrating National Get Outdoors Day



Saturday, June 22, 2013

11 AM – 3:30 PM

**Quarry Lakes Regional Recreation Area
2100 Isherwood Way, Fremont**

The East Bay Regional Park District is hosting a **FREE event** encouraging healthy, active outdoor fun. Bring the entire family to learn about outdoor recreation opportunities and enjoy a day in the park.

Includes:

- Entertainment
- Health and Recreation Organizations
- Kids' Zone
- Community Programs
- Giveaways
- Food Vendors

Information: www.ebparks.org or 1-888-327-2757

IN PARTNERSHIP WITH:



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Entertainment Timeline (tentative)

- 11-11:40 a.m. – Mariachi Band (Stage)
- 11:45-noon – EBRPD Board Members announce elected officials and event sponsors (Stage)
- Noon-12:30 p.m. – Zumba Dance (Stage)
- Noon-3:30 p.m. – Face Painting
- 12:30-1 p.m. – Chef Brenda La Noue (Demonstration Area)
- 12:30-1 p.m. – Children’s Puppet Show 1 (Kids’ Area)
- 12:40-1 p.m. – Aerobic Session by Carmen Bogan (Stage)
- 1 p.m. – Brief announcement from elected official/sponsor (Stage)
- 1:10-1:30 p.m. – Golden Lion Martial Arts Academy (Stage)
- 1:35-1:50 p.m. – Taekwando (Stage)
- 2-2:15 p.m. – El Grito de la Cultura Children’s Dance Troupe
- 2-2:30 p.m. – Chef Brenda La Noue (Demonstration area)
- 2-2:30 p.m. – Children’s Puppet Show 2 (Kids’ Area)
- 2:15-2:45 p.m. – Brief announcement from elected official/sponsor (Stage)
- 2:45-3 p.m. – Dahn Yoga Demonstration (Stage)
- 3-3:15 p.m. – Indian Dancers
- 3:15-3:25 p.m. – Dahn Yoga Demonstration (Stage)
- 3:25 p.m. – Closing remarks and Thank You! (Stage)

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