



JOIN US!
Kids Get off The Couch Day 2011
Happy Hollow Park & Zoo
1300 Senter Road San Jose, CA 95112
Thursday, April 14, 2011

FIRST 5 Santa Clara County is proud to be an endorser of Screen-Free Week (April 18-24), the annual celebration where children, families, schools, and communities turn off screens and turn on life.

“Kids Get off The Couch Day” is FIRST 5’s annual event tied to Screen-Free Week that focuses on healthy eating, reduced TV time and the benefits of physical activity for young children and their families.

Join us this year at Happy Hollow Park & Zoo Meadow Amphitheater for an interactive mini show with costumed character, human friends, music & more!

Schedule:

10:30 a.m. - 11:00 a.m. Health & Wellness mascot visits Happy Hollow with their human friends sharing health messages and inviting families to come to the show

11:30 a.m. - 12:00 p.m. Interactive show begins in Happy Hollow Meadow Amphitheater – featuring the Health & Wellness Mascot, *Cardia Heart* and her human friends with music, dance and comedy celebrating physical activity, reduced screen time and healthy food and drinks

Sponsored by FIRST 5 Santa Clara County and Kaiser Permanente Educational Theater Programs

Screen-Free Week (formerly TV-Turnoff) is a wonderful way to help children lead healthier, happier lives by reducing dependence on entertainment screen media—including television, video games, computers, and hand-held devices. By encouraging children and families to unplug, Screen-Free Week provides time for them to play, connect with nature, read, daydream, create, explore, and spend more time with family and friends. Please visit www.screenfree.org to learn how you can get involved and join in the fun.