

SPOOK-TACULAR OFFER!

\$69 FOR 6 WEEKS!

WHEN YOU MENTION THIS SPOOK-TACULAR OFFER

EMPOWER YOUR KIDS WITH A GIFT THAT LASTS A LIFETIME...

TRY TAEKWONDO WELLNESS

SELF DEFENSE | SELF CONFIDENCE | COPING & MENTAL SKILLS





HALLOWEEN SAFETY TIPS

WALK SAFELY

- Whenever possible cross the street at corners using traffic signals and crosswalks.
- Remember to look left, right, and left again when crossing... and keep looking.
- Keep electronics away so you can listen to and look at your surroundings.
- Always walk on sidewalks or paths or if there is not sidewalk, walk facing traffic as far to the left as possible.
- Carry a flashlight or headlight to light the path once it gets dark to avoid trips and falls.
- Watch for cars that are turning or backing up.
- Don't go into the homes of people you don't know.

EAT SAFELY

- Adults should examine candy before eating them.
- Never eat open or unwrapped halloween foods.
- Ask your parent or guardian if unsure about eating a treat.
- Call the National Poison Center toll-free number if your child becomes ill or believe the treat was tampered with: 1-800-222-1222

COSTUME SAFETY

- Use reflective tape on costumes and bags to help drivers see children at night.
- Make sure costumes are the right size to avoid trips and falls.

- Avoid wearing masks that limit obstruct field of vision. Wear face paint and makeup instead whenever possible.
- Carry a glow stick, glow necklace, or glow bracelet to help spot your child at night easier.

DRIVE SAFELY

- Drive slowly in residential neighborhoods.
- Take extra time to look for kids at intersections.
- Enter and exit driveways carefully.
- Eliminate distractions in car to improve alertness and concentration on driving.
- Anticipate heavy pedestrian traffic.
- Turn on your headlights earlier to help be seen.
- Be extra alert during popular trick-or-treating times - 5:30pm - 9:30pm.

'TRICK OR TREAT' WITH AN ADULT

- Children under 12 should trick-or-treat with adult supervision.
- Parents with young children might want to bring a stroller to carry tired children or extra candy.
- Bring a backpack to carry extra candy.
- Remind children who are mature enough to trick or treat without adult supervision to stay with their group in light and familiar areas.
- In case of an emergency dial 911.

