



OSF SAFETY BOWL

Get the whole family together for a fun time while learning the basics of kitchen safety and food preparation.

February 19 | 9 a.m. - Noon

(registration begins at 8:30 a.m.)

Belvidere YMCA
220 W. Locust St.
Belvidere, Illinois

Free refreshments and giveaways

Fun activities:

- Hand washing and Glo Germ demonstration
- Burn prevention: Avoiding hot spots in the kitchen
- How much sugar and fat are in your food and drink choices?
- Read books to our OSF therapy dogs
- Explore an OSF Lifeline ambulance
- Learn how to pick healthy snacks



