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Sandy Crab Goes to the Beach is a publication of the Community Relations & Marketing Department at Peninsula Regional Medical Center.

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Text by Gwenn Garland Artwork by Darren Wood

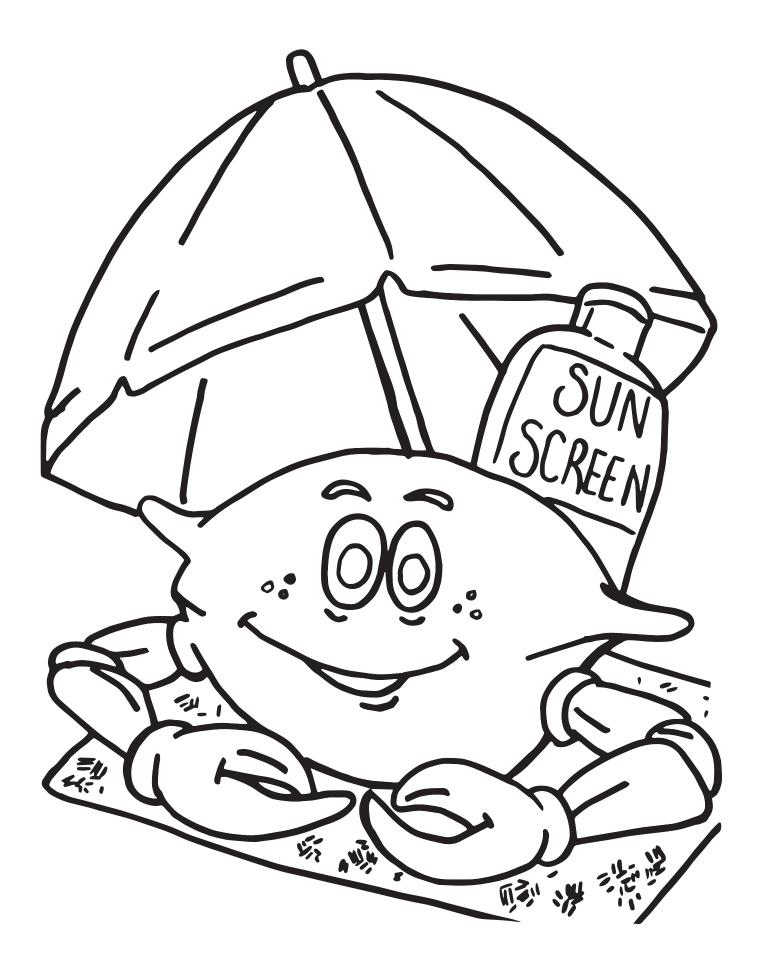




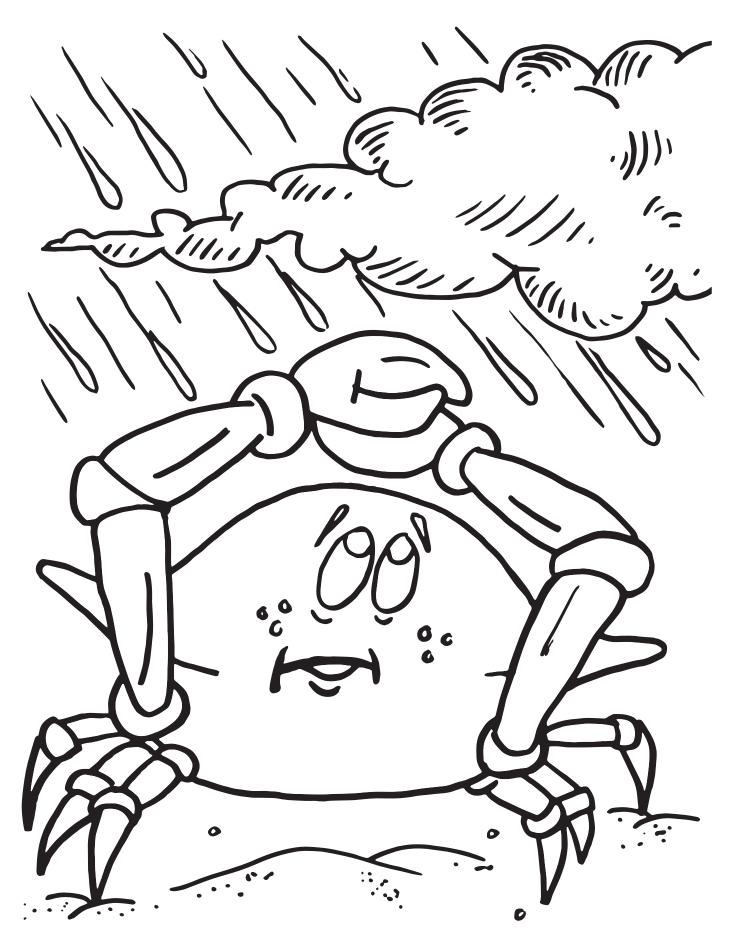
When Sandy Crab goes to the beach, he makes sure Mom and Dad are in reach.



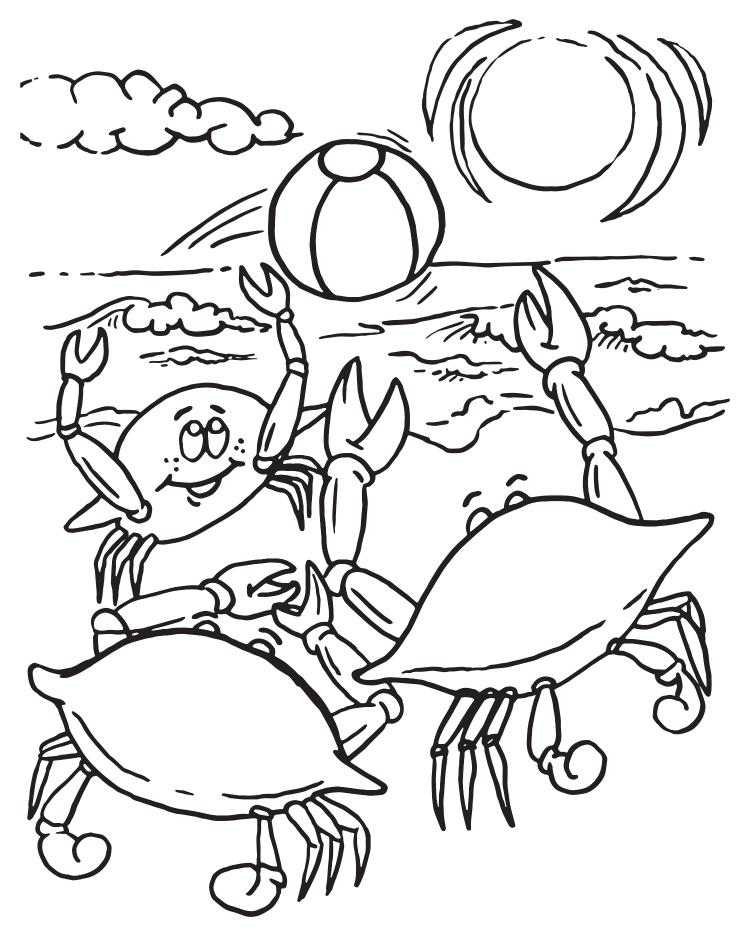
When the waves get too high, he stays nice and dry.



He stays safe from the sun. Getting red is not fun.



When lightning starts to flash, to a shelter he'll dash.



But when the sun comes back out, it's time to run about.



Sandy loves to dig, but he won't make the holes too big.



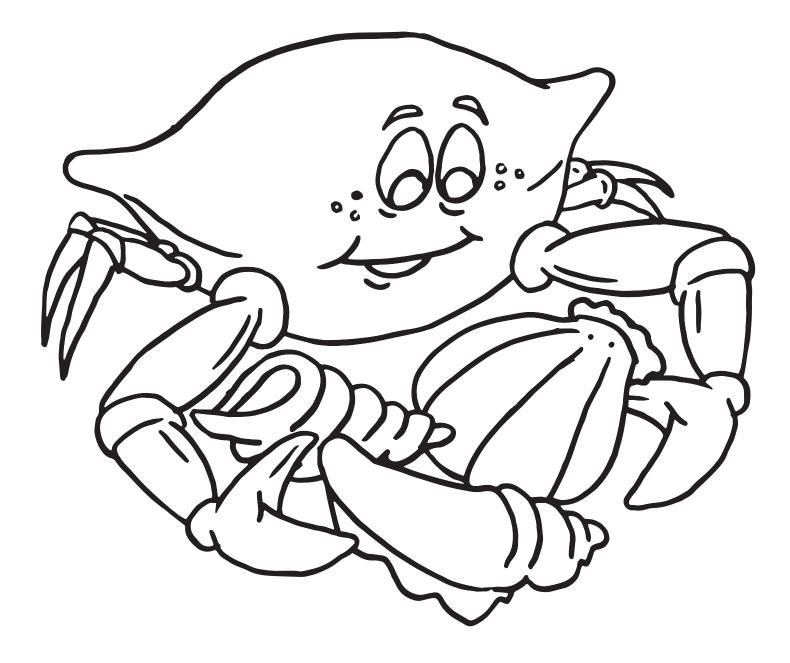
When bugs get in his way, Mom and Dad get the spray.



And if a boo-boo makes him yelp, the lifeguards are there to help.



Sandy loves the shore and his friends even more.



The beach is his home and his favorite place to roam.

Now it's your turn! Draw a picture to show another safe way Sandy Crab spends time at the beach.



Learn more at www.peninsula.org/livewell



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