

Now Bringing **FREE** Bike Helmet Fittings to a Community Event Near You!



2015 SCHEDULE

Friday, June 19

11 AM – 4 PM

Auburn Kids Day

Les Gove Park

1005 12th Street SE

Auburn, WA 98002

Saturday, July 25

12 – 6 PM

Renton River Days

Liberty Park

1101 Bronson Way North

Renton, WA 98057

Cost

Bike helmet fittings are free. You may bring your own helmet for fitting or purchase a safety-approved helmet at the event for \$8. Valley Medical Center accepts cash or check only, no credit or debit cards, as payment for bike helmets.

Must Be Present to Purchase a Helmet

A custom-fit helmet is available for purchase to anyone over the age of one who presents a head to wear it, adults included. Because the helmets are custom-fit for each user, the user must be present to purchase a helmet.



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valleymed.org/rehab 425.251.5165

Other Low-Cost Bike Helmet Options in King County

Valley Medical Center provides this information to the community to promote safety and does not endorse one organization over another. This list has been developed as a guide. The list is only as current as the information provided by the organization at the time of the request. Please contact the organization to confirm services.

ORGANIZATION	CONTACT INFORMATION	DETAILS
Cascade Bicycle Club 7400 Sand Point Way NE, Building #138 Seattle, WA 98115	ypa@cascade.org cbcef.org	Helmets sold at community events throughout the summer or year-round by appointment; multi-sport styles in toddler through XL for \$15; free helmets for qualifying low-income individuals.
Seattle Children's Hospital 4800 Sand Point Way NE Seattle, WA 98105	206.987.5265 866.987.2000 seattlechildrens.org	Several helmet fittings and giveaways throughout the year for children 1 – 18 (no adults); wearer must be present to be fit. makesurethehelmetfits.org
Mary Bridge Children's Hospital Safe and Sound Building 1112 S. 5th Street, Tacoma, WA 98405	253.403.1234 multicare.org/childhoodsafety	Helmet fitting only if service needed. By appointment only.
Kent Fire & Rescue Service	Melanie Taylor 253.856.4482	By appointment only; for low-income citizens who could not otherwise afford helmets.
Valley Regional Fire Authority 1101 D St. NE, Auburn, WA 98002	Kimberly Terhune 253.288.5800 kimberly.terhune@vfra.org vfra.org	Adult and child-size helmets are \$5, with fitting included; no appointment necessary—walk-in visits accepted. Visit vfra.org for more information and bicycle safety tips.
Celebrate Seniority Through Multicare 1401 East Main St, Puyallup, WA 98372	Rosemarie 253.697.7385	Child and adult helmets are available for \$8; call to make an appointment; 1 – 3 PM every Thursday
University of Washington Student Health Advisory Quorum Box 354410 Seattle, WA 98195-4410	Mark Shaw 206.616.8476 depts.washington.edu/hhpcweb – click on “Health Promotion”	Reduced price adult and toddler helmets, priced from \$14, (\$12 with UPASS or ORCA card) as well as various discounted cycling gear (light sets, reflective gear, U-locks); call for an appointment; call for an appointment; hours of availability are typically 11 AM - 3:30 PM, but exceptions are possible.
University Place Fire Department 3631 Drexler Dr. W. # B University Place, WA 98466	Hallie McCurdy 253.564.1623	Reduced-price adult and children's bike helmets; call for an appointment Monday - Friday, 8 AM - 4:30 PM.

