



FOR IMMEDIATE RELEASE

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**Valley Medical Center Announces  
Upgrade to Bike Helmet Fitting Program**

*New Helmets Available in April*

**Renton, WA (March 26, 2007)** – Valley Medical Center’s popular Bike Helmet Fitting Program will upgrade to graphite dial helmets beginning in April. The helmets offered will be stronger, more comfortable, and feature a sleek, attractive design. The upgrade will also improve fitting efficiency and comfort.

VMC’s Bike Helmet Fitting program has brought low-cost bike helmets and professional fittings to nearly 14,000 children in the last 10 years.

“This change will provide an even safer option to the children in our community,” said Angie Norman, Physical Therapist and Co-Chairman of the Bike Helmet Fitting Program. “A properly fit bike helmet is the most effective means to prevent and reduce the severity of head injury while riding a bike, scooter, or skates.”

Bike Helmet Fittings are available the first Monday of each month, and beginning this year, the program will run March through October. Helmets will *not* be fit November through February. This hiatus will be in place to improve program efficiency and improve service to those seeking a helmet during the busier spring and summer months.

The price per helmet will increase to \$8 to reflect the price of the upgrade and the effects of inflation. This is the first price increase since the development of the program nearly 10 years ago.

For more information on the Bike Helmet Fitting program, visit the Valley Medical Center website at [www.valleymed.org](http://www.valleymed.org)

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***About Valley Medical Center***

Valley Medical Center, the state’s first public district hospital, is the largest nonprofit healthcare provider between Seattle and Tacoma, serving over 400,000 residents as a regional center operating a network of 12 community clinics throughout King County. VMC’s central hospital in Renton offers medical, surgical, and 24-hour emergency care as a Level III trauma center. In addition, VMC is a regional resource with recognized Centers of Excellence in Birth, Sleep, Joint, and Stroke care and provides specialized treatment in cardiology, oncology, high-risk obstetrics, orthopedics, neonatal, cancer and neurology.

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