

# Health Seminar

## Bike Safety Clinic

<b>Date</b>	Sunday, May 20, 1 – 3 p.m. <i>Safety course takes about 30 minutes</i>
<b>Location</b>	River Crest Elementary School County Road F, Hudson
<b>Cost</b>	Free. Parent must be present
<b>Questions</b>	Contact Heidi Hoschka, RN, Trauma Coordinator, (715) 531-6543
<b>Sponsors</b>	Hudson Hospital & Clinics, Hudson Police Department, YMCA Camp St. Croix, Art Doyle's Spokes & Pedals, and River Valley Trails



Get your bikes rolling at this free Bike Safety Clinic for kids ages 5 to 12, and the whole family is welcome to attend. Bring your bikes and helmets to have them checked for safe performance. Learn about and practice the most current bike safety rules.

Don't miss this opportunity to tune up those wheels for a safe ride this summer!

During the Event you will experience:

- Bike and helmet checks by trained staff
- Trained bicycle safety staff will escort your child through the safety course
- Bike and helmet safety information available
- Easy family ride through Camp St. Croix
- Treats available

Bike helmets purchased through a generous grant from Hudson Daybreak Rotary and West Central Regional Trauma Advisory Council.

 **Hudson Hospital & Clinics**  
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