

MCHC Foundation Selling and Fitting Bike Helmets

FOR IMMEDIATE RELEASE:

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Madelia, Minn. – Biking to work or to school is a great way to get physical activity and to enjoy the spring weather, but it's important to keep safety in mind too. Wearing a properly fitted bike helmet is one of the best defenses against injury. The Department of Health recommends that the helmet sit level on the head, covering the top of the forehead. It should be snug yet comfortable, and have limited movement from side to side and from front to back.

On Thursday, May 7th from 4 to 7 p.m. the Madelia Community Hospital Foundation will be selling and fitting bike helmets at the Madelia Elementary School during the school's open house. Helmets of most colors and youth through adult sizes will be on sale for only \$10. (Retail value \$40.)

The Madelia Police Department and the Watonwan County Sheriff will be rewarding local kids they see wearing their helmets this summer with a coupon for an ice cream cone from Madelia Lanes. The ice cream is courtesy of the Madelia Community Hospital Foundation.

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About Madelia Community Hospital & Clinic

Madelia Community Hospital & Clinic is a private, nonprofit facility staffed by a team of physicians and medical professionals that is profoundly committed to providing health care of the highest standards to Madelia and surrounding communities. As a 25-bed acute care hospital, we offer all the primary health services, such as medical/surgical, pediatric, emergency care and more. In 2011, we expanded our services to include a family medical clinic, which provides adolescent health, geriatric health, men's health, newborn health, pediatric health, preventative medicine and women's health. Over the years, we have proactively responded to the changing demands within the health care system, which has ensured our ability to deliver up-to-date medical services, purchase advanced medical equipment, and provide complete and compassionate care to all who enter our facility.

