

Community Health Webinar Series

Bicycle Safety and Preventing Injury

You're Invited...

With bicycle use becoming more popular, and with schools back in session, bicycle safety has never been more important. Bicycle crashes are among the top causes of injury seen in the Emergency and Trauma Department at MarinHealth Medical Center and other hospitals. Bicyclists and motorists both play a role in preventing crashes and injuries.

In this presentation, our speakers will discuss:

- Smart and safe habits for bicyclists and motorists
- Bicycle-related pediatric and adult injuries
- Safety equipment: Helmets, lights, and other protective clothing and gear
- Adults modeling safety behavior for children
- Increasing popularity of e-bikes and related hazards
- Dealing with angry and aggressive drivers
- Safe off-road riding
- Myths and truths about bicycle safety

We'll also have time for Q&A at the end of the presentation.

This webinar is dedicated to the memory of Deb Hubsmith and Cindy Winter.

Featured Speakers

Gwen Froh

Program Director, Marin Safe Routes to Schools
Education Director, Marin County Bicycle Coalition

Edward Alfrey, MD

Medical Director, Trauma, MarinHealth Medical Center
Chair, Department of Surgery, MarinHealth Medical Center
Director, Marin Healthcare District

About Our Community Health Seminar Series

Marin Healthcare District's Community Health Seminar Series offers periodic educational forums for the Marin community on relevant health-related issues.



**THURSDAY,
SEPTEMBER 30
5:30 – 6:30 pm**

Via Zoom

Click Here to Join

Meeting ID: 979 7490 1082

(Virtual room will open 15 minutes before the event. Be sure to mark your calendar!)

***This FREE event
is open to all.
RSVP is not required.***

Please submit questions in advance to
Jennifer.Rienks@marinhealthcare.org