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Early today a member of the community asked us to prepare a statement for tonight's meeting:

As a long standing member of the community of Milford, Progressive Rehab promotes the importance of wearing a helmet during all sports and recreational activities that could potentially result in a brain injury. Progressive Rehab in conjunction with Action Bike and Outdoor is sponsoring a Helmet Safety Awareness Contest within the local elementary schools. Our hope is to help educate the community about the need to wear a properly fitting, age appropriate helmets, in order to decrease brain injuries. Follow the link below for information from the Brain Injury Association of Pennsylvania website on how to properly fit a helmet.

[https://youtu.be/\\_AP3AU3J-Xg](https://youtu.be/_AP3AU3J-Xg)

Here are some other important things to note.

The Center for Head Injury Statistics show that 85% of bicycle-related head injuries could have been prevented by wearing a helmet.

The Brain Injury Association of Pennsylvania website states

“Your helmet should fit properly and be:

**Well maintained**

**Age appropriate**

**Worn consistently and correctly**

**Appropriately certified for use**

While there is no concussion-proof helmet, a helmet can help protect everyone from a serious brain or head injury. Even with a helmet, it is important for you to avoid hits to the head.”