

HELMETS ARE COOL

DVD ORDER FORM

Proper helmet fit, the key to safe cycling, is stressed in this five-minute DVD. Texas Medical Association physician Thomas Coopwood, MD, demonstrates the correct way to wear a bike helmet. As a surgeon, Dr. Coopwood has seen first hand what can happen when people don't use a helmet. He also discusses the importance of wearing a helmet when participating in any sport on wheels, such as riding a scooter or in-line skating.

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