

**GET MOVING.  
STAY SAFE.  
WEAR A HELMET.**

I pledge to wear my helmet when I ride my bicycle or participate in other sports on wheels: skateboarding, in-line skating, or riding scooters.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_



Hard Hats for Little Heads

Physicians Caring for Texans

*Hard Hats for Little Heads is supported in 2019 with a TMA Foundation grant thanks to its Legacy of Caring and General Endowments, and generous gifts from an anonymous physician and spouse and donors to TMAF's Make-A-Difference and Greatest Need appeals.*

306687.2/19

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**HAGAN EJERCICIO.  
MANTENGASE SEGURO.  
PÓNGANSE UN CASCO.**

Prometo que usaré mi casco cuando monte en bicicleta o participe en otros deportes sobre ruedas, como andar en monopatín, patinar, o montar en motocicletas.

Firma: \_\_\_\_\_

Fecha: \_\_\_\_\_



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