



News Release

Contact: Amy Blaser, Vice President

Phone: 402-562-3371

Email: [aebblaser@columbushosp.org](mailto:aebblaser@columbushosp.org)

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### **Platte County Lifestyle Coalition hosts bike safety seminar**

For Immediate Release

**(COLUMBUS, Neb.)** – Spring is officially here, which means warmer weather is right around the corner. Dust off your bicycle helmet and join the Platte County Lifestyle Coalition for a Bike Safety Seminar.

This fun and informational safety event was made possible with a grant from the Union Pacific Foundation. It will take place on Thursday, April 21, from 5-6:30 p.m. in the Columbus Wellness Center multipurpose room. The event features five stations, including a helmet fitting, bike maintenance, a bike fitting, safety instructions and an overview of the Columbus Area Recreational Trails.

“Our goal is to present bike safety, not just in the sense of following the rules, but also making sure your bike is safe for you to ride,” said Gene Vis, Platte County Lifestyle Coalition coordinator. “It should be a great event for the whole family. And don’t forget to bring your helmets!”

After the event, the coalition will give away three bikes, including an adult bike, a girls’ 20” bike and a boys’ 20” bike. All participants who visit at least four of the five stations can win an age-appropriate bike.

As part of its mission to promote healthy lifestyles, the PCLC is involved with several local health and wellness programs, including the Walk to Jerusalem, Complete Health Improvement Program, running clubs at local schools, Walk with a Doc and more.

For more information about the PCLC or how you can become involved, contact Gene Vis, PCLC coordinator, at 402-562-4686 or [edvis@columbushosp.org](mailto:edvis@columbushosp.org).

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