

Helmet Discount Weekend

Ottawa Public Health has partnered with local retailers across the city to provide our 8th annual discount on helmets.

**Saturday, May 4th and
Sunday, May 5th, 2019**

 Learn more at OttawaPublicHealth.ca/HelmetDiscount

Follow the

**2VI
RULE**

... to make sure **your helmet
fits right!**

2
FINGERS
ABOVE
YOUR
EYEBROWS



STRAPS
V
UNDER
YOUR EARS



I
FINGER
BETWEEN
STRAP
AND CHIN

