

FREE ADULT HELMETS AND PERSONALIZED HELMET FITTING

Event 1:

Date: December 16, 2026
Time: 2:00 - 5:00 p.m.
Where: Feeding Tampa Bay, 3624 Causeway Blvd., Tampa, FL 33619

Event 2:

Date: December 17, 2026
Time: 10:00 a.m. - 1:00 p.m.
Where: Trinity Cafe, 2801 N Nebraska Ave., Tampa, FL 33602

A helmet can only do its job when it fits correctly. Receive a free adult helmet and a personalized fitting with a certified helmet fitter who can help you:

- Find the right helmet size for your head
- Adjust the straps and positioning for a secure, comfortable fit
- Learn how your helmet should sit every time you ride
- Identify common fit mistakes that may reduce protection
- Feel confident wearing and adjusting your helmet correctly
- Get fitted. Get protected. Ride with confidence.

E-Bike & Traditional Bicycle Helmets Available

Free adult helmets are available while supplies last. Helmet type and size are subject to availability.

To register for either event, **scan QR code.**

TGH Tampa General Hospital
TRAUMA CENTER

AAA THE AUTO CLUB GROUP FOUNDATION