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**The Center Foundation presents “Train Your Brain” Injury Prevention Program
To Central Oregon elementary schools with support from
First Interstate Bank, Summit Health, and TDS Telecom**



Volunteers from Summit Health helps 3rd grade students how to properly fit and adjust helmet at Train Your Brain event.

BEND, OR. - [The Center Foundation](#) is proud to present [Train Your Brain](#) program to third grade classes across Central Oregon. Prompted by an alarming increase of preventable head injuries among youth, this injury prevention program educates more than 2,000 elementary school students in Central Oregon about brain injury prevention and the importance of helmet safety. Train Your Brain is made possible by the support of The Center Foundation community partners [First Interstate Bank](#), [Summit Health](#) and [TDS Telecom](#).

“According to research from Nationwide Children’s Hospital, 9 out of 10 bicyclists who die in crashes are not wearing helmets. Wearing a helmet can lower the risk of brain injury by up to 88 percent,” said Stuart Schmidt, Program Manager of The Center Foundation. “We developed the Train Your Brain program twelve years ago in an effort to educate local students on the importance of wearing a helmet. We are so grateful for our school districts for recognizing the importance of this safety initiative, and thankful for our partners at First Interstate Bank, Summit Health and TDS Telecom for supporting us in reaching our goal to provide free helmets to every Central Oregon third grader who needs one.”

Each year, The Center Foundation distributes over 1,000 helmets to local elementary students through the Train Your Brain initiative. Presentations consist of an interactive assembly that provides information on injury prevention; helmet safety, fitting, and care; and features a melon drop demonstration. Following the presentation, The Center Foundation staff and volunteers will properly fit free multi-sport helmets for every student who needs one.

“Bend-La Pine Schools is very fortunate to once again have The Center Foundation sponsor the Train Your Brain program,” said Skip Offenhauser, Executive Director of Elementary Programs for [Bend-La Pine Schools](#). “As an avid cyclist myself, I am well aware of the hazards we all face while on our bikes. Wearing a helmet is a simple, but effective habit we need to teach all of our students. We want to thank The Center Foundation for providing these lessons and providing students with free helmets with the help of First Interstate Bank, Summit Health, and BendBroadband. We couldn’t ask for better community partners that care about the safety of our kids!”

Train Your Brain 2023 kicks off April 3rd to ensure students are prepared to enjoy summer activities in a safe manner. Helmets should always be worn when participating in any non-motorized wheeled sport like bicycling, skateboarding, rollerblading, or scooter riding.

To learn more about Train Your Brain, visit www.centerfoundation.org/brain-trust.

About The Center Foundation

The Center Foundation, a 501(c)(3) nonprofit organization, provides

For over 20 years, The Center Foundation has provided certified athletic trainers to Central Oregon high schools. Its high school sports medicine program serves more than 5,000 students at over 1,400 sporting events each year, managing injuries and concussions and educating young athletes on injury prevention. These services are provided at no cost to students or their families. Foundation programs also deliver brain and spinal cord injury prevention education in grade schools, free multi-sport helmets to children in need, and education seminars and conferences for healthcare professionals. Since 2000, The Center Foundation has been Central Oregon’s only nonprofit solely dedicated to providing sports medicine services as a means to ensure youth are safe, healthy, and protected in an active lifestyle. To learn more, visit

www.centerfoundation.org.

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