

A photograph of two young children, a boy and a girl, smiling and climbing monkey bars at a playground. The boy is on the left, wearing a light blue polo shirt, and the girl is on the right, wearing a white long-sleeved shirt. They are both holding onto the black metal bars with their arms raised. The background is a bright, sunny outdoor setting with a red vertical structure, possibly part of the playground equipment, and a blurred background of trees and sky.

**Whether your child is  
climbing the monkey bars or  
behind the wheel of a car,  
Centura Health Emergency Center  
at Church Ranch wants to help  
you and your family pioneer  
a safe school year.**

**Centura Health Emergency Center  
at Church Ranch**



**7233 Church Ranch Blvd.  
Westminster, CO 80021**

*Located directly off US-36 at  
the 104th/Church Ranch exit*



## Back to School Safety

Trips to the emergency room spike when kids head back to school. However, many of these injuries can be avoided. To have an inspired, safe and healthy school year, follow these tips from the Centura Health Emergency Center at Church Ranch.

- Choose a backpack with wide, padded shoulder straps and a padded back.
- Begin each morning with a healthy breakfast for better concentration and more energy.
- If your child walks to school, ask them to avoid texting, talking on their phone or wearing headphones while walking.
- Instruct your teen driver to leave 10 minutes early – running late for school may cause your teen to speed, tailgate or weave through traffic to make up for time.
- Establish a good sleep routine. In order for students to achieve academic success, they should receive 8 to 10 hours of sleep.

## Expert Emergency Care in Your Neighborhood

Centura Health Emergency Center at Church Ranch is committed to keeping your kids safe. Your family's health is our priority. That's why our emergency room is staffed by Avista Adventist Hospital ER doctors and nurses, so you can be confident that you'll be receiving expert care.

**Our Emergency Department** skillfully cares for any emergency that may come your way, 24/7/365.

**Call 303-925-4420 or visit [www.myemergencycontact.org](http://www.myemergencycontact.org).**

**We are part of Centura Health, the region's leading health care network.**

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