

# Turn in your rugs for mugs of coffee from local shops.



Mugs for Rugs  
La Crosse

Throw rugs are the cause of almost 50 percent of falls reported at emergency rooms for people over 65.\* Gundersen Health System and La Crosse Fire Department have teamed up with local coffee shops to help address this hazard. Turn in your rugs (4x6 or smaller only) at any of the listed coffee shops during the month of March and receive a free coffee mug filled with the house brew. Limit one mug per visit.

Stop at any of the following locations:

- Cabin Coffee Co., 401 Jay St., Suite 100, La Crosse
- Free Range Exchange, 215 3rd St., La Crosse
- JavaVino, 2311 State Rd., La Crosse
- Jule's Coffee House, 327 Pearl St., La Crosse
- The Resting Grounds, 601 St. Andrew St., #107, La Crosse
- Cozy Coffee, 515 Amy Dr., Holmen
- The Grind Coffee House, 208 S Holmen Dr., Holmen

**The rugs will be donated to local animal shelters and rescues. For more falls prevention, check out Gundersen's next Stepping on Falls Prevention program March 25.**



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*\*According to the National Institutes of Health*