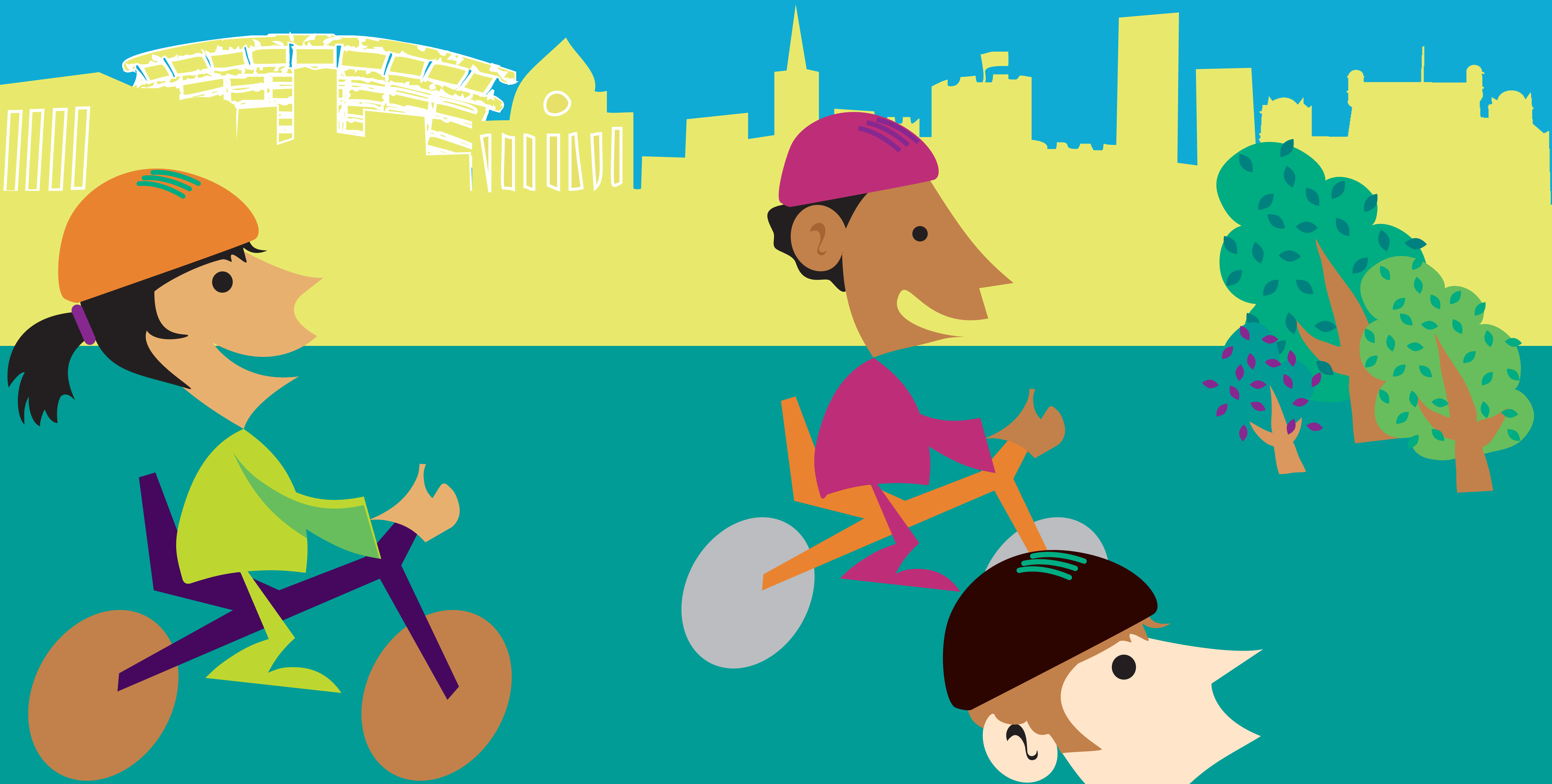


# Improve your health for FREE

## Free adult cycle training



## Cycling helps you

- Tone Up
- Feel Good
- Get Fit
- Lose weight
- Save money
- Help the environment too!



## Take up free cycle training

- Learn how to cycle safely
- Get your confidence back
- Get help with planning safe and quiet routes
- Enjoy the freedom!!

## Need a bike to get you started?

**No problem!  
We have one waiting for you!**

Free Bike Loan available when you take up cycle training, please ask for more details.

**It's fun!!  
It's free!!  
It's safe!!**

**Apply today and start improving your health for free!**  
**Call: 07791 724548**

**Cycling for Health project**

[cyclingforhealth@hotmail.co.uk](mailto:cyclingforhealth@hotmail.co.uk)

[www.ridewise.org.uk](http://www.ridewise.org.uk)



Nottingham City   
Primary Care Trust