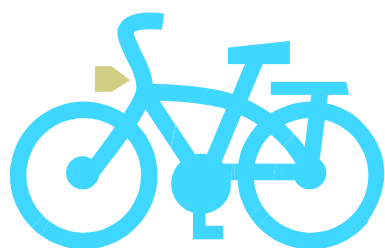


# Cycle for Health in High Hazels Park

**Learn to cycle or improve your cycle skills.  
Wednesday mornings: 10am - 12.30pm**

**Starting Wednesday 22<sup>nd</sup> September for 8 weeks**



If you want to improve your fitness, lose weight and guard against heart disease, stress and some forms of cancer, all just by cycling more often, **book your free place at: [admin@pedalready.co.uk](mailto:admin@pedalready.co.uk) or call 241 2775.**

Cycle for Health is an easy going weekly cycling course for adults of any age, run by professional cycling instructors. Just bring yourself!

Dozens of adults of all ages have started cycling again thanks to special FREE courses run by Pedal Ready, sponsored by the Primary Care Trust and supported by the Ranger Service, CTC and local organisations like Darnall Well Being.



**Please note places must be booked beforehand - meet each week upstairs in High Hazels House for a cup of tea before getting out on the bikes in the park!**