



Bike to Work Week May 9 – 15, 2005

Like to Bike?

Wanna do it more but don't think it's safe?
Wanna get fit while getting to work?
Think that you need to improve your cycling skills?

Come to a Like to Bike? session to learn safe cycling strategies.

The belief that cycling with traffic is unsafe has led *cyclists* to engage in unsafe practices which can lead to accidents.

Is this preventing you from getting fit while getting to work?

The Like to Bike? education session for adults uses a fun and entertaining approach to review traffic cycling skills that will help you gain the competence and confidence needed to get you active on your bike again.

Learn how to have fun and be safe while getting fit!

Attend one of the following sessions taught by a CanBike instructor:

Monday, April 4, 7 – 9 pm

Russell Ave. Community Centre
108 Russell Ave., **St. Catharines**

Tuesday, April 12, 7 – 9 pm

Niagara Falls Public Library, La Marsh Room
4848 Victoria Ave., **Niagara Falls**

Wednesday, April 20, 7 – 9 pm

YMCA – Rotunda
1555 Garrison Rd., **Fort Erie**

Thursday, April 28, 7 to 9 pm

Rose City Senior's Activity Centre
145 Lincoln Street, **Welland**

Great prizes and light refreshments will also be part of this fun learning experience. No bikes are necessary – but you'll be confident in how to use one after the session.

Advance registration required. To reserve your spot in one of the Like to Bike? sessions call **905-688-8248 ext 7344**. Cost \$10.00 for print materials. Payment by cash or cheque.