



## **Bike to Work Week May 29 – June 4, 2006**

### **Like to Bike?**

#### **Safe Cycling Course for Adults**

Wanna cycle 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:

May 4: Town of Pelham Council Chambers, 7 – 9 pm  
Free of charge  
Register via email: [vicvanr@town.pelham.on.ca](mailto:vicvanr@town.pelham.on.ca)  
Telephone 905-892-2607 ext 12

May 31: Welland 7 – 9 pm  
\$10 Residents, \$12 Non Residents  
Rose City Seniors Activity Centre,  
145 Lincoln Street  
Register by telephone: 905-735-1700, ext 4001 or  
Fax application to 905-732-6187

No bikes are necessary – but you'll be confident in how to use one after the session.