



Wheels for Wellbeing

HAVE YOU THOUGHT ABOUT CYCLING?
Wheels for Wellbeing encourages and supports disabled people to cycle.
We run group sessions with 2, 3 & 4-wheeled cycles.
You can also find out about 1-1 lessons with a trained instructor.

ARE YOU DISABLED?
Want to get a bit fitter?
Want some fresh air?
Want to travel around more cheaply?
Want to travel around more easily?

For further information, contact us on
020 7346 8482
info@wheelsforwellbeing.org.uk
www.wheelsforwellbeing.org.uk

COME ALONG, HAVE A GO, FIND OUT MORE!

Croydon
Cycling for All usually opens Saturdays 9.45am
and Mondays 10.15am.

Lambeth
Bikes In The Park sessions will be resuming
early April 2010.
Check the website for further details.

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