



MEASURE UP 4 CYCLING



and get on your bike!

- ✓ Want to get more active & healthy?
- ✓ Want to reduce your transport costs?
- ✓ Want to reduce your environmental impact?
- ✓ Lacking confidence to ride a bike?

then you need a

FREE
CYCLING
TRAINING
COURSE

All participants
receive a fantastic
cycle pack
full of goodies

**BE QUICK - LIMITED
PLACES!**

WHAT: Free Cycling training workshop

WHO: Adults (16 years and over)

WHEN: *Course options—see below*

Weekend (9am—4pm. Register from 8.30am)
3 x 2hr sessions

Saturday 6th or 27th Feb or 13th March

Mid week day (9am-2.30pm. Register from
9am) 2 x 2hr sessions

Friday 5th or 26th Feb or 12th March

Mid week eve (5.30– 7.30pm. Register from
5pm) Series of 3 x 2 hr sessions.

Please Note: People registering for this
course need to attend all three sessions
in series.

Thursday 4th & 25th Feb & 11th March

WHERE:

At the purpose built CARES
Cycle Facility, Palmdale

HOW:

Register with the Central Coast
Health Promotion Service
Phone **(02) 4349 4800**

ENQUIRIES:

Nigel Tebb

Health Promotion Officer

Phone (02) 4349 4826

*Tea, coffee & water provided
for all courses*

How do you measure up?



www.healthpromotion.com.au

Australian Better Health Initiative

A joint Australian, State and Territory government initiative.

get healthy

Information & Coaching Service

1300 806 258

Monday - Friday 8am - 8pm

www.gethealthynsw.com.au