



CYCLING for over 50's Taster Event

11.00 - 14.00 Monday 16th May
at Exmouth Seafront
Part of Active Devon's
Naturally Healthy May

Free
Picnic
Included

As part of **Active Devon's Naturally Healthy May** find out about our new cycling groups in Exmouth! Come for a chat and try a fun leisurely taster ride along the cycle path. Suitable for those getting back into cycling, rehabilitating or needing encouragement. Please bring a roadworthy bicycle and wear suitable clothing and a helmet.

Contact Katheryn at Seachange to find out more and take part.



SEACHANGE
HEALTH & HAPPINESS FOR ALL

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Call: 01395 446896 www.seachangedevon.org
Seachange, East Budleigh Road, Budleigh Salterton EX9 6HF