



# **Cycle Confidence Sessions Available**

**We offer a range of 1:1 Cycling Activities for individuals with disabilities or enduring health conditions:**

**Introduction to Cycling**

**Returning to cycling**

**Cycling for fitness**

**E-bike Confidence Sessions**

**Trike lessons**



**These activities are FREE of charge, available and accessible to everyone, designed to develop cycling skills, offer health benefits and confidence.**

Please email [strawberrylineprojects@gmail.com](mailto:strawberrylineprojects@gmail.com) to arrange a session.

