



Silver Spokes: A cycling expo for older adults in Cleveland

Curious about cycling as a form of exercise?
Want to try an age-friendly bike?

Join the Department of Aging and Bike Cleveland for a FREE hands-on cycling event, where you can choose to:

- Try out accessible bicycles and tricycles
- Learn road rules for cyclists and drivers
- Discover bike paths in your neighborhood
- Enjoy a short group ride through the neighborhood
- Engage with others who are interested in cycling



Call Fallon Peterson at 216-664-4383 to register

All registered participants will be entered into a drawing for a \$40 Dave's gift card

<p>Thursday, September 27th Collinwood Recreation Center 16300 Lakeshore Blvd 9:30-11am</p>	<p>Thursday, October 4th Gunning Recreation Center 16700 Puritas Ave 9:30-11am</p>	<p>Thursday, October 11th Zelma George Recreation Center 3155 MLK Dr. 9:30-11am</p>	<p>Thursday, October 18th Michael Zone Recreation Center 6301 Lorain Ave 9:30-11am</p>
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