

*Networking Key Services Ltd (NKS) Women and Families Organisation
 Darroch Annexe, 7 Gillespie Street, Edinburgh, EH3 9NH, Tel: 0131 221 1915
 Email: nks@nkshealth.co.uk, Website: www.nkshealth.co.uk*



CYCLE BUDDY PROGRAMME



Join our cycling group with your kids, friends and family every Sunday from 10.30 am to 12.30 pm.



If you are a beginner, don't worry, we have an expert tutor and volunteers to help you.

BENEFITS OF CYCLING

- STOP GLOBAL WARMING
- ECOLOGY
- SAVE ENERGY
- HEALTHY
- STRONG HEART
- BURN CALORIES

Allow yourself to be a beginner. No one starts off being excellent.

- We provide bikes and helmets.
- Come and join us! We will support you to enhance your skills.
- Find fun, make friends and learn some new skills.

