



# Cycle Minded

Community Well-being Cycling

Cycling is good for your health and fitness and it is good for your mind too. Cycle Minded is all about better well-being through getting out and about. Being active outdoors helps you feel happier and more positive, you can achieve something new, feel better about yourself and meet other people.

Take some time to look after yourself.....

## Community Cycle Rides

Thursday Morning Rides 10.30am.

Tuesday Evening rides 6.00pm

Evening rides starting soon

Join our trained guided ride leaders for a cycle along the Strawberry Line Cycle Path. Bring your own bike or use one of ours. Email [strawberrylineprojects@gmail.com](mailto:strawberrylineprojects@gmail.com), call 07983816426 or visit [www.strawberrycycles.com](http://www.strawberrycycles.com) for further details.

