

Women on Wheels



‘Wheel’ get you ready to cycle to work!

A free group course led by women for women

- **Boost your confidence to cycle**
- **Take you on safe, quiet/traffic free routes to work**
- **Get you cycle fit**
- **Offer a free bike check**

Come along and meet us and listen to other women who have done it and see if it is for you! We have limited places: book by emailing wow@slheatons.org Wednesday 24 January 7.15 pm

At Heaton Moor United Church Heaton Moor Road/Stanley Road.

