



{Women's Cycle to Health}

Riding the path to improved mental and physical well-being.

The Women's Cycle to Health project aims to increase women's mental and physical well-being through supportive, regular group bike rides and welcomes riders of all abilities.

The project is designed and funded for women, 18 years and over, who are experiencing any of the following:

- Low self-esteem
- Feelings of isolation
- Lacking in confidence or motivation
- Low mood or anxiety

We can lend you a bike, helmet and jacket.



Interested?

Please email:

velocitycycletohhealth@gmail.com

Or call/text:

07957346317

For more info:

www.velocitylove.co.uk/womenscycletohhealth