



# Wheely Wednesday



## Falkirk Active Travel Hub

All of this will be happening at the main entrance of FVRH.

Come and join us on these dates:

Wednesday 25th April 2018

Wednesday 9th & 23rd May 2018

Wednesday 6th & 20th June 2018

Wednesday 4th & 18th July 2018

Wednesday 1st & 15th August 2018

Wednesday 29th August 2018

Wednesday 12th & 26th September 2018

Wednesday 10th & 24th October 2018

## Active Travel Surgery

Talk to us about anything cycling or walking related.

## Route Planning

Need a safe cycle route then we can help!

## Cycling Bus Service

Cycle to work or home supported by the HUB team.

## Led Ride around FVRH

Stress relief guaranteed.

Meet at:

12.00 pm / 1.00 pm  
(Takes 15 mins)

## Try an e-bike

Find out everything you need to know.

## Recyke a Bike

Will be at the staff entrance at FVRH on the undernoted dates.

They will provide a  
**FREE**

basic bike check for all staff, patients and visitors.

People can access this between  
**8.00 am and 2.00 pm**

Wednesday 11th & 25th April 2018

Wednesday 9th & 23rd May 2018

Wednesday 6th & 20th June 2018

Wednesday 4th & 18th July 2018

Wednesday 1st & 15th & 29th August 2018

Wednesday 12th & 26th September 2018

Wednesday 10th & 24th October 2018

