

# WHEELS ON THE BIKE SAVE POUNDS AND POUNDS

Do you want to help your health and  
wealth and get fitter in 2015?

Take a look at what's on offer every month  
at Popley Community Centre to help you.

**FREE** pedal2gether rides

Plus **FREE** fitted bike lights in January\*

**FREE** Bike Doctor

Bike Maintenance sessions



[www.myjourneyhampshire.com/basingstokecycle](http://www.myjourneyhampshire.com/basingstokecycle)

\*Subject to availability

**my** HELPING  
HAMPSHIRE  
GET AROUND  
**Journey**

Funded by the Department for Transport

# Dates for the diary

**Popley Community Centre, Carpenters down, Popley,  
Basingstoke, RG24 9AE**

## **Bike Doctor**

No appointment required. Free bike check ups and basic repairs every month (parts not included).

Saturday 10 January	10.30am – 1pm	<b>FREE</b>
Saturday 7 February	10.30am – 1pm	<b>FREE</b>
Saturday 7 March	10.30am – 1pm	<b>FREE</b>

## **Pedal2gether**

Bring the family along for a guided bike ride. Suitable for all, it's fun, free and a great way to discover new routes in the area. Places are limited so book to guarantee a place.

Saturday 10 January	11am – 12.30pm	<b>FREE</b>
Saturday 7 February	11am – 12.30pm	<b>FREE</b>
Saturday 7 March	11am – 12.30pm	<b>FREE</b>

## **Bike maintenance**

If you love your bike, you should know how to look after it yourself. Learn how to safety check your bike, mend punctures and adjust the gears and brakes. Our sessions are popular so early booking is advisable.

Wednesday 28 January	7 – 10pm	<b>£5 Booking essential</b>
Wednesday 25 February	7 – 10pm	<b>£5 Booking essential</b>
Wednesday 25 March	7 – 10pm	<b>£5 Booking essential</b>

For bookings and enquiries go to

**[www.myjourneyhampshire.com/basingstokecycle](http://www.myjourneyhampshire.com/basingstokecycle)**

