

# Come and Join our Free, Fun and Friendly Cycles Mondays, 3-4pm, Grangemouth Stadium



For anyone hoping to build confidence or fitness, learn to ride, meet new people or get out in the fresh air

Just wear comfortable clothing  
Bikes & helmets are provided

To book or for more information please contact Eva on  
01786 466486 or [goga@fvds.org.uk](mailto:goga@fvds.org.uk)