

# Come and Join our Fun and Friendly Cycles

Thursdays at The Falkirk Stadium

**\*Starting back 2<sup>nd</sup> May 2019\***

£3per session (carers/ family for free)



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  
Solo/ adaptive 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)

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