

We are looking for people who would like to try cycling to improve their health, wealth and happiness.

*This might sound like a challenge, but we are here to help.*

## What can you expect from us?

- Personalised bike selection and fitting from a local, independent bike shop.
- Helmet, lights and a lock to help keep you and your bike safe.
- Optional led rides and maintenance workshops to build your confidence and abilities.
- Individual support throughout the programme, based on your needs.
- Help and guidance for you to continue your cycling life beyond WheelNess.

*The most important part of our project is our participants. Please get in touch via the details below, we look forward to hearing from you.*

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