



Shine
SUPPORTING HEALTH IN EVERYONE
AN HHS PROGRAM

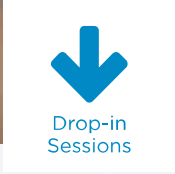


**Hamilton
Health
Sciences**



ShineHHS.ca

Is Your Bike Road Ready?



It's been a long winter... and it's time to get that bike out of storage and back on the road this summer!

This lunch and learn will help you get your bike ready for cycling season while teaching you about the basics of maintaining it through the season. You will learn how to conduct safety checks and make basic repairs to confidently ride all summer long! Sean will cover everything from a broken chain, flat tire, how to change and patch tires and so much more to ensure a smooth and safe cycling season!

Each session will have a prize draw for bike related prizes such as bike lube, cleaning products and water bottles! All attendees will also receive a coupon for discounted services from Velofix Hamilton.

Mark Your Calendar!

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|-----------------|------------|--|
| Tues May 15 | MUMC | 12:15-12:45PM Room 4E20 |
| Wed May 16 | WLMH | 12:15-12:45PM Board Room |
| Thurs May 17 | KW | 12:15-12:45PM Room 22-009 |
| Wed May 23 | St. Peters | 12:15-12:45PM North Conference Room |
| Thurs May 24 | JHCC | 12:15-12:45PM B4 101 Meeting Rm #2 |
| Wed May 30 | HGH | 12:15-12:45PM Marg Charters Aud |

Questions

 Fill out the online form at shinehhs.ca
 Call Melissa Cummings at **ext. 77099**



EVENT BROUGHT TO YOU BY
Sean Green
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Sean Green is the owner and head mechanic of Hamilton's first true mobile bike shop-Velofix Hamilton. Velofix is a full service bike shop that comes to you! Sean has many years of bike mechanic experience and is a graduate of the Winterbourne Bike Mechanic Program as well as being a certified bike fitter from BikeFit. Sean is an avid cyclist and triathlete who races triathlons including finishing several Ironman races.