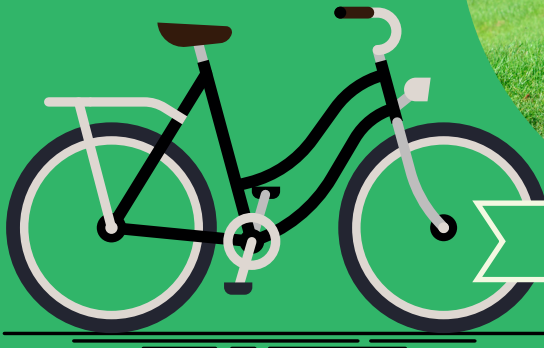


# Eazy Riders

Over 65 and want to get active?  
Cycle your way to a healthy new lifestyle  
with a free bicycle training programme,  
followed by weekly sociable group rides\*.

Perfect for beginners or those who haven't cycled in a while, this will help you to build new friendships, take control of your fitness and boost your self-confidence.



#ActiveAgeingSK

\*Please head to [ceracycloan.co.uk](http://ceracycloan.co.uk) to check for available bike ride dates and times

Sport England - Active Ageing in Stockport



# Eazy Riders

Stockport Homes are part of the Active Ageing programme in Stockport, designed to help currently inactive individuals aged 65+ who have experienced a significant life event, by supporting them to become more physically active as part of a healthy lifestyle.

Active Ageing provides:

- Free e-bike and cycle loan
- Free Bikeability training levels 1 and 2
- Free weekly rides, improving health and wellbeing
- Post-cycling refreshments and social time

Bicycle rides will leave and return to CeraCycloan, Swallow Mill Business Centre, Swallow Street, Stockport, SK13HJ

For more information contact:

**CeraCycloan on 0161 474 0990**  
**or Sharron Baker on 07800 618 828 or**  
**sharron.baker@stockporthomes.org**  
**www.ceracycloan.co.uk**



The programme  
**starts in March**  
**2019** and continues  
throughout the year.

**Sport England** - Active Ageing in Stockport

