



Cycling with Active Minds

Safe, off-road, escorted,

Venue: Croydon Arena, Albert Road, South Norwood SE25 4QL

Date: A choice of 4-week programmes over the summer starting 22nd May 2014

Day: Every Thursday (weather permitting)

Time: 11:00 – 1:00

Cost: Free

To register or for further information please contact Active Minds

0208 680 0463—07754828053

email: activeminds@mindincroydon.org.uk



Helmets, bikes and if needed electric bikes provided—please dress suitably for the weather



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for better mental health


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