



Heading to high school?

On your bike!

Summer riding workshops for young teens

Funded through Healthy Heart of Victoria

- brush up on your riding skills
- learn strategies for safe on-road riding
- understand the road rules
- prepare for independent travel

Register now for this fun program

www.trybooking.com/BHIEC

**3 Tuesdays in Castlemaine,
10am-12.30pm:**

Session 1 - 7 January

Session 2 - 14 January

Session 3 - 21 January



About the instructor

Nicola Dunnicliff-Wells has taught bike skills for ten years. She holds Bike Ed Instructor and AustCycle Skills Coaching certificates, Level 2 First Aid and Working With Children Check. President of Bike Bendigo and mother of three, she is passionate about active travel to school and also runs a classroom-based active travel program.

