



## It's time to drag your old bike out of the shed and hit the Washington Way 2 Wellbeing!

The Washington Cycle Hub will be open 2 sessions per week at The Life House, Grasmere Terrace, Columbia, Washington. NE38 7LP

**Wednesday and Sundays from 10am – 3pm**

- Cycle Hire – electric bikes, unisex bikes, special needs bikes and children's bikes - Prices from £2
- Organised bike rides
- Cycle maintenance workshops
- Cycle training

**Want to know more?**

**Contact:** [washingtoncyclehub@yahoo.co.uk](mailto:washingtoncyclehub@yahoo.co.uk)

or call Washington Mind on 0191 417 8043

