



## Some benefits of cycling



Maintain a healthy weight



Improve sleep



Reduce stress



Discover new places



Lower blood pressure



Get your family or friends together



Increase energy levels



Helps the planet



Burn calories



Learn new skills

== WE ♥ OUR ==  
**Patients**  
THANK YOU  
FOR BEING A PART OF  
*Our Family*

Helps support Hospice patients living with a life-limiting illness; enabling the Hospice to be there for the next 30 years