

# Cycling Program for Veterans



All Out Adventures is pleased to offer Adaptive Cycling for Veterans and disabled members of the Armed Forces of all ages and abilities and their loved ones. Try out a recumbent trike and ride around Look Park across the street from the VA Campus in Leeds. Recumbent trikes, tandems and hand cycles are comfortable and easy to ride. Three wheels takes balance out of the equation so you can relax and get exercise. If you have asked the question, "How can I get exercise in spite of my injury or disability?" This program is for you.

- **Get exercise, socialize and have fun!**
- **Free of charge for Veterans and their loved ones.**

All equipment provided, but you must pre-register by calling All Out Adventures at 413-584-2052. This program is funded by the Veterans Administration.

Inpatients call Donna Hayes at 413-584-4040 x2350.

You can also visit us online at [www.alloutadventures.org](http://www.alloutadventures.org) or email us at [info@alloutadventures.org](mailto:info@alloutadventures.org) All program sites are wheelchair accessible. Call us for accessibility information.

## October 2018 Schedule

<b>Date:</b>	<b>Time:</b>	<b>Activity:</b>	<b>Location:</b>
Thursday, October 4	11AM-3PM	Cycling	Look Park, 300 N Main St, Florence, MA
Thursday, October 11	11AM-3PM	Cycling	Look Park, 300 N Main St, Florence, MA
Thursday, October 18	11AM-3PM	Cycling	Look Park, 300 N Main St, Florence, MA
Thursday, October 25	11AM-3PM	Cycling	Look Park, 300 N Main St, Florence, MA