

Demystifying your bike: the basics of Bicycle Maintenance

FREE 2-hour 'hands on' workshop for all PHSA and affiliated agency staff



Join fellow PHSA employees in a free workshop designed to help you and your bike continue rolling into the fall season.

In this hands on and fun workshop you'll learn all the basics you need to feel comfortable doing your own bicycle maintenance and repairs. **Learn how to change a flat tire, adjust your brakes and brake levers, adjust your shifting, maintain your drive train, clean your chain, ensure a proper bike fit and much more!**

Workshops are being offered on Tuesday, September 22 and Thursday, September 24 from 12pm to 2pm. The workshops will be conducted in the park on 11th and Heather, behind the BC Cancer Agency.

Choose one date or the other and plan to ride to work that day. (Bringing your bike is strongly recommended, as this is an interactive and hands on workshop.)

PHSA Commuter Services is pleased to offer this free workshop to all PHSA and affiliated agency employees. Please note that **advance registration is required** to attend one of these workshops, as space is limited.

To register send an email to dsmith5@phsa.ca or phone 875-2000, local 6865 and leave a message with your name and work phone number. **Please indicate which date you'd prefer to attend.**

Please note: These workshops are being held in an unsheltered area outdoors. If it's raining on the morning of the workshop it will be postponed.