

Bike to Workweek™

Campbell River
June 2 - 8, 2008

3 Weeks to go!

Celebration Stations

Breakfast
Monday June 2
7 - 9am
Frank James Park

BBQ
Friday June 6
4 - 6pm
Robert Ostler Park

For more information or to register your team check out

www.biketowork.ca



Jason, Tanya and Darcy, Physiotherapists at Rehabilitation In Motion, encourage you to bike to work for 3 great reasons:

1) Regular physical activity reduces the incidence of heart disease, high blood pressure, diabetes, and obesity.

2) It's good for the environment

3) And it's a great way to unwind at the end of the day!

