

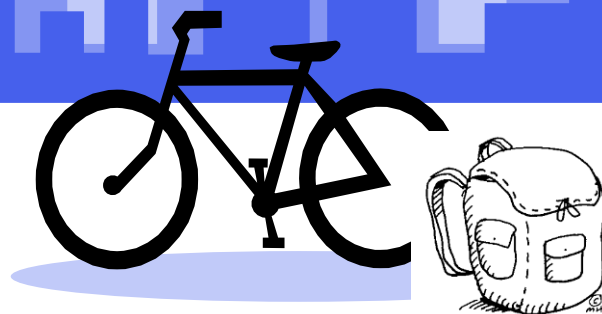
Bike Safety with Officer Martinez of PASADENA POLICE!

Join us Monday, September 30th, 2019 to learn from Officer Martinez important safety when it comes to riding your bike and proper care of your bike!

We will begin at 6:30pm and end with a bike ride/walk around the block with Officer Martinez! A great night to hang out with friends/family and get some exercise! If you do not have a bike you may certainly still join us and take a walk with us!

TOPICS OF DISCUSSION:

- Proper Helmet wearing
- The Importance of having reflectors
- Making sure that your bike seat is adjusted properly/proper tire inflation
- How to ride safely in the streets and on the sidewalks!



PLEASE BRING:

- Your bike
- Helmet
- Please wear clothing that is reflective or bright as it will be getting darker when we leave to ride bikes/walk.

Officer Martinez will have some goodies to hand out so please RSVP to: Jennifer Gartz at healthylifestyle@brookwoodpta.com to ensure that he brings enough items!

