



# Basic Bike Maintenance

**April 26 - 12:00PM – 1:00PM**

**Anderson Hall 100**

**Who:**

**What:** Just in time for spring and the [Bee Amazing Race Physical Activity Challenge](#) ! Experts from Ascent Cycle will walk session attendees through the basic things you should do to get your bike ready for the season.

Ascent Cycle will bring a few bikes for demonstration purposes.

**Hope to see you there!**

A light lunch will be available.

**[Register Online](#) or email: [wellness@uleth.ca](mailto:wellness@uleth.ca)**



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