



Totally Transit for Older Adults ***Confidently travelling by bus and bicycle***

This **FREE** 2 hour workshop will provide a hands on opportunity for older adults (55+) to build the skills and knowledge needed to incorporate cycling and public transit into their daily routine. The use of cycling and public transit as transportation options has the following benefits:

- Increased physical activity for better mental and physical health
- decreased air pollution from personal vehicles
- decreased cost of transportation (compared to personal vehicles and taxis)

The TTOA workshop incorporates classroom style learning, with an outdoor hands-on component, to practice new skills. The 2 hour workshop is structured as follows:

- in-class teaching component covering: using public transit in Hamilton, proper cycling safety and etiquette, how to plan cycling and transit routes.
- The group then heads outside to do a group HSR bus ride and a group bicycle ride on SOBI bicycles (the order of these components will depend on the workshop location).
- At the SOBI hub, participants review cycling safety before beginning their ride. The staff from New Hope Community Bikes will lead the ride, with the Green Venture staff following behind.

For more information, or to book a workshop, please contact Susan at:

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