

Healthy Aging and Bicycling in Cambridge Virtual Series

Do you **enjoy cycling** and are looking for ways to be active while respecting social distancing?

Do you want to **try bicycling again**, but are feeling rusty?

Are you interested in learning about cycling considerations for older adults **from the comfort of your home**?

Cambridge's Community Development Department, in partnership with the Council on Aging, is launching a **Healthy Aging and Bicycling in Cambridge program** this October. Five 1-hour workshops followed by a 15-minute question and answer session will be held virtually over Zoom. Participants and instructors will be able to see and engage with each other. For more information, visit cambridgema.gov/bikeworkshops.

**Classes on Tuesdays (Oct. 13, 20, 27 and Nov. 3, 10)
from 9:30 AM to 10:45 AM**

Click Here to Register
or call the Cambridge Council on Aging
at 617-349-6220

Class	Date	Time
Cycling Basics for Older Adults	October 13	9:30am - 10:45am
Getting Back on the Bike	October 20	9:30am - 10:45am
Urban Cycling Basics	October 27	9:30am - 10:45am
Design for All Ages: Bike Lanes in Cambridge	November 3	9:30am - 10:45am
Adaptive Cycling	November 10	9:30am - 10:45am



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Getting Back on the Bike

October 20, 9:30am - 10:45am

As we get older, what are the considerations to think about when bicycling to maximize safety and prevent injury? We will cover strategies to adapt your riding style to accommodate physical changes.

Cycling Basics for Older Adults

October 13, 9:30am-10:45am

Riding a bicycle is a great low-impact way to stay active and improve mobility as well as an excellent transportation option. This workshop will discuss getting started (or back on the road) as an older adult!

Urban Cycling Basics

October 27, 9:30am - 10:45am

Bicycling in a city can be intimidating for anyone! This workshop will cover what you need to know in order to get moving around the city.

Adaptive Cycling

November 10, 9:30am - 10:45am

Interested in learning about adaptive cycling options? We will present different types of adaptive bicycles as well as adaptive cycling programs and other ways to engage with cycling as an older adult.

Design for All Ages: Bike Lanes in Cambridge

November 3, 9:30am - 10:45am

Find out about the types of bicycle infrastructure in Cambridge and how the design process takes older adults into consideration along with how you could be part of the design process and dialogue!

[Click Here to Register](#)

