



PEDDLER'S PROGRAM

Who doesn't like ridding a bike? For some of us, this is an easy thing. For others, it isn't possible. Riding a bike can improve motor skills, endurance, balance, coordination, strength, and fitness. Lifestyle Housing has started a biking program for clients with disabilities. We have purchased different types of industrial trikes for clients to use and two wheelers for staff.

Come out and ride bikes with us!



BIKING DATES

LOCATED AT WARREN COUNTY ARMCO PARK-PARKING LOT BY PICNIC SHELTER 32, IN A SHED. LOOK FOR THE LIFESTYLE HOUSING BANNER

JULY 28TH
AUGUST 11TH
AUGUST 25TH

5PM- 8PM
PLEASE WATCH OUR FACEBOOK PAGE FOR RAIN OUT INFORMATION

LIFESTYLE HOUSING, INC.

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Facebook page

[@lifestylehousinginc](https://www.facebook.com/lifestylehousinginc)