

**FREE**

# ***Recreational Para-Cycling Program***

**Volunteers  
Needed too!**

The Shelley Gautier  
**Para-Sport**  
Foundation



**Mondays from 6-8 PM**

**at Canada Aviation and Space Museum**

**(11 Aviation Pkwy, Ottawa)**

**All are welcome regardless of their disability  
or previous cycling experience.**

**Para-cycling equipment will be provided free of charge.  
(Handcycles and Tandem bikes)**



*For more information, please contact **Joey Desjardins** at  
**613-677-6569** or **joey.p.desjardins@gmail.com***

**Turning Passion into Action**