

RIDE FOR YOUR MIND

10K Mental Health Bike Ride



REDUCE STRESS, CLEAR YOUR MIND, MOVE YOUR BODY

- Bring your own bike, helmet and water bottle
- Limited supply of bikes and helmets at request of those without
- Co-ed - All genders welcome!

10 AM
Saturday, July 25 2026

Salt Marsh Trail
806 Bissett Road, Cole Harbour

CONTACT KYLE AT

902-225-3591 or NSBrotherhood@nshealth.ca