



Bicycle Maintenance Workshop at UHN

WHEN: Friday July 15th
12 – 1 pm

WHERE: Toronto General
Hospital

WHO: All UHN staff or
volunteers

Why: Expert bike mechanics will demonstrate the basics of bike maintenance in this hands-on workshop.

Topics include: safety checks, assessing air pressure, flat tires, tightening brakes, lubing chains, and ensuring your bike is the right fit.

Feel free to bring your bike to practice as you learn, or just watch the instruction.

RSVP: email
uhncycling@uhn.ca by
July 13th, or earlier to
guarantee your spot.

