

**SAFER
GREENER
HEALTHIER**

Sign up for a free adult cycling training session.

Whether you're a beginner or just want to boost your confidence, our qualified instructors can help.

Sign up at

[https://essex.cycleready.co.uk/
registerinterest/registerselectcoursetype](https://essex.cycleready.co.uk/registerinterest/registerselectcoursetype)

or for more details, email

SaferEssexRoads@essexhighways.org



Training sessions will run until 31st March 2022
and are available across Essex.



Essex County Council