

# Spring Bike Clinic 2019

**Biking with family and friends is a great way to enjoy the outdoors, exercise and have fun!**

During a Bike Clinic appointment, children/youth and their parents/caregivers will have an opportunity to meet with a Physiotherapist and Therapeutic Recreation Specialist to help determine what type of bike, adaptations, recommendations and resources to meet your child and family's bike riding goals.

**What:** This clinic provides an opportunity to:

- Complete an individualized bike assessment
- Try modified and specialized bikes (select sizing available)
- Receive personalized recommendations and resources
- Talk with adapted bike vendors and explore bike options
- Meet with a bike technician to complete modifications onsite or book appointment

**Who:** For clients of Holland Bloorview

**When:** **Saturday, March 23<sup>rd</sup>, 2019**  
11:00am-4:00pm

**Where:** Holland Bloorview Kids Rehabilitation Hospital  
150 Kilgour Rd., Toronto, ON

*Families who do not require a bike assessment are welcome to attend to visit with vendors and find resources to answer questions and explore equipment options.*

**Registration:**

To secure a **Bike Assessment**, you must register for this event (spaces limited).

Please contact

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