

# Spring Bike Clinic 2020

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

- What:** This clinic provides an opportunity to:
- Complete an individualized bike assessment\* - registration required
  - Try modified and specialized bikes (select sizing available)
  - Receive personalized recommendations and resources
  - Talk with adapted bike exhibitors and explore bike options

**Who:** For clients of Holland Bloorview

**When:** **Saturday, March 21<sup>st</sup>, 2020**  
11:00am-3:00pm

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

\*During a bike assessment, 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.

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

**Registration:**

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

Please contact

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