

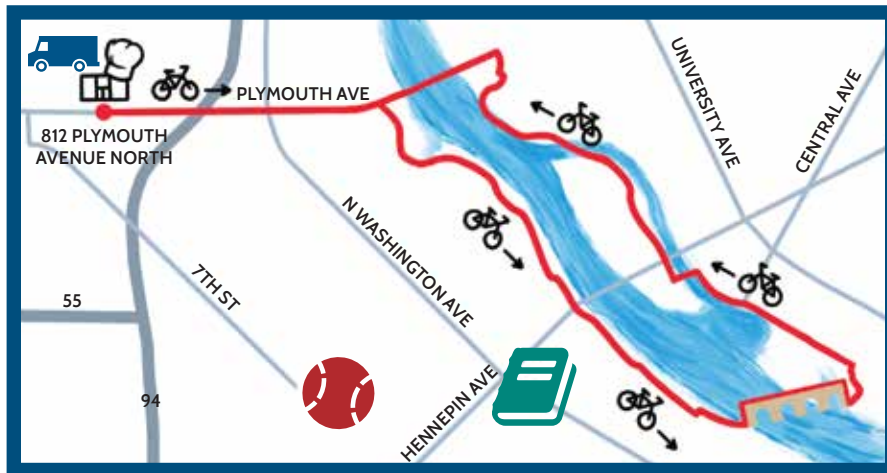


**WELLNESS WEEK**

# JOIN US ON A GROUP BICYCLE RIDE!

## WEDNESDAY, MAY 9, AT 3:00 PM

*EVERYONE IS INVITED: STAFF, STUDENTS & FAMILIES, AND COMMUNITY MEMBERS.*



Gather at 3:00 PM at MPS Culinary & Wellness Services (812 Plymouth Avenue North).  
The ride will end around 4:30 PM and light snacks will be served.  
MPS student bicycle groups will lead the way in this free event.

### ***Know before you roll:***

*Wear a helmet, pump your tires and check your brakes, and remember bicyclists have the same rights and responsibilities as car drivers. All participants will sign a waiver. Students must be accompanied by a parent/guardian or by staff who has signed permission slips for the group.*

MPS Staff: Need a bike? Contact Lindsay Biller, [Wellness@mpls.k12.mn.us](mailto:Wellness@mpls.k12.mn.us)  
Questions? Contact Jenny Bordon, [Jennifer.bordon@mpls.k12.mn.us](mailto:Jennifer.bordon@mpls.k12.mn.us), 612-668-2827

[nutritionservices.mpls.k12.mn.us/mps\\_wellness\\_week](http://nutritionservices.mpls.k12.mn.us/mps_wellness_week)

**TWITTER: #mpswellnessweek**

