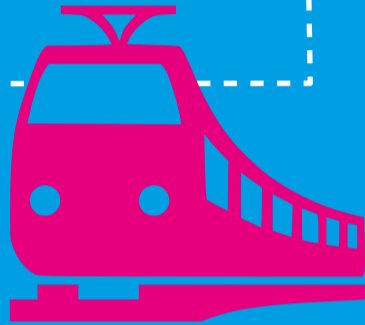


16 – 20 October 2017



Ride **and** Stride Week



From 16 – 20 October, the Westmead precinct partners are encouraging you to leave the car at home and try other ways of getting to work for just one day.

Get involved with one of our activities:

- 1 Ride2Work Day on Wednesday, 18 October**
Free breakfast at the front of The Children's Hospital at Westmead, bike maintenance classes and a tyre changing competition for participants
- 2 Walking tours**
- 3 Pop up information booths from Parramatta Light Rail and Transport for NSW**
- 4 Electric bike trials**
- 5 Coleman Greig Challenge – a walking and running event from 6am on Friday, 20 October**

For further information on Ride and Stride Week visit westmeadproject.health.nsw.gov.au

