

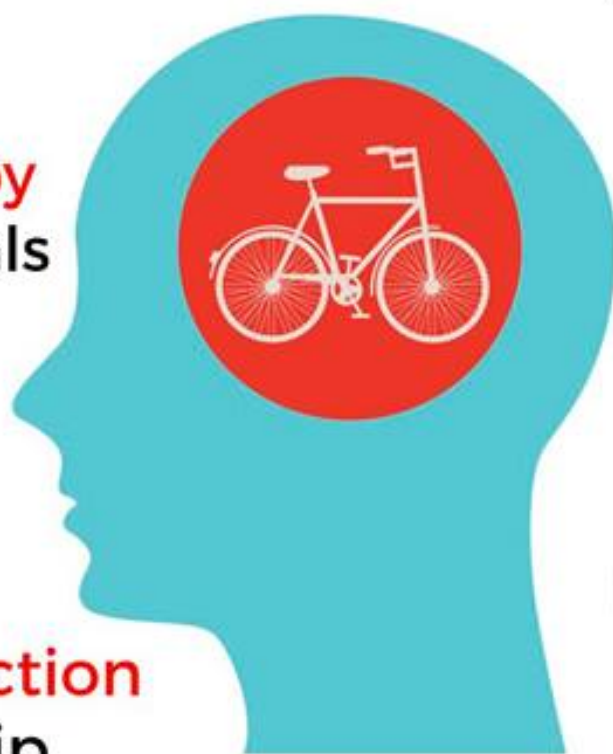
How Cycling together builds our **#mentalwealth**

Giving & receiving
encouragement

Escape, **purpose** and
adventure

Releases **happy**
brain chemicals

Trust in those
around me



Social **connection**
& friendship

Feel healthier
and **stronger**

Giving my energy for
others to succeed

Pride in achievement
through struggle

www.cbac.club

Liferiders

Riding bikes together to **#shineontheinside**