

# Travel Actively



## Move It!

### Wellbeing event

Drop in at anytime between 10am to 4pm at **Harraby Theatre** and **Cycle track** for a day full of wellbeing **tips**, active travel advice, **activities** to try and **bike repairs**. And it's all for free!

Meet:

- Age UK North Cumbria
- Stage 1 Cycles & Rebike
- Lifestyle Leisure & GLL
- Andy's Man Club
- iCan
- And many more!

Try **free** activities:

- Cycling
- Walking
- Trampoline fitness session
- Seated exercises



**Venue:** Harraby Theatre & Cycle Track

**Address:** Edgehill Road  
Carlisle  
CA1 3SN

**Date:** Wednesday 9th April

**Time:** 10am to 4pm

**Contact the Travel Actively Team:**

[travelactively@cumberland.gov.uk](mailto:travelactively@cumberland.gov.uk)

[www.activecumbria.org](http://www.activecumbria.org)

[www.travelactively.co.uk](http://www.travelactively.co.uk)

# Be part of it!