



i-CYCLE

Bike Safety & Repair Class

Community First Health Plans offers a monthly, one-hour bicycle safety and repair class.

Learn how to:

- Repair and maintain your bicycle
- Stay safe on the road
- Improve your health and wellness
- Teach children how to be visible and safe

All Members who complete the class will receive a certificate of completion and small gift!

For dates and locations, visit our website or call:

CommunityFirstHealthPlans.com/events

Local: 210-227-2347

Toll-free: 1-800-434-2347

COMMUNITY FIRST
HEALTH PLANS

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