



# *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