



# Hand Cycling

For People with a Physical Disability  
or Limited Mobility

Sligo Sport and Recreation Partnership  
are running a Hand Cycle programme on Tuesdays..

**Venue:** IT Sligo Athletics Track

**Date:** Tuesdays starting 3<sup>rd</sup> October 2017

**Time:** 3.00pm to 4.00pm

**To arrange a time to try The Hand Cycle please contact;**

Shane Hayes, Sports Inclusion Officer,  
Sligo Sport & Recreation Partnership

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Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive