

**STAND  
UP FOR  
LEGS**

**Set your  
alarm**

Get the lowdown [legsmatter.org](https://legsmatter.org)

**LEGS MATTER WEEK**

**12-16 JUNE 2023**



**Come join us at our**

# **LEGS MATTER EVENT**

with Bikeworks at the All Ability Cycling Club

**13th JUNE 2023  
10.00 - 13.30**

- Talk about why your Legs Matter
- Learn more about self-care
- Talk directly to the Accelerate team about the importance of lower limb health
- Try out a range of cycles for all abilities

**Location:** Queen Elizabeth Olympic Park, outside Lee Valley VeloPark  
on Abercrombie Road, E20 3AB

If you want more information about the event please contact us on  
[hello@acceleratecic.com](mailto:hello@acceleratecic.com)

