

# Living Well Tip of the Week

## It's National Bike to Work Week

This year Bike to Work Week is May 16-20 and Bike to Work Day is Friday, May 20.



### Why Bike to Work?

- It's Fun
- It's Healthy
- It's **Green** - Reduce pollution AND save gas \$!

### Not sure of the best route for biking?

- Try Google Maps biking directions
- Learn more about National Bike Month at The League of American Bicyclists at [www.bikeleague.org](http://www.bikeleague.org)

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