

2019

BIKE



BREAKFAST

Stop by on your way to school or work!

Come celebrate Bike Month with us and help demonstrate what SLO County is capable of when we all make an effort to reduce congestion, improve our health, save money and commute smart. People can stop by on their way to school or work.

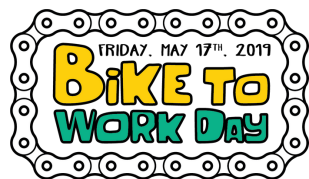
May is also Mental Health Awareness Month. We encourage people to do self-care and activities to increase their mental health. Staying physically active has shown to promote positive mental health. Riding your bike to work is a great way to not only help the environment, but also a great way to promote physical activity.

**DONUTS BY
SLODOCO, FRUIT
AND OTHER
BREAKFAST ITEMS
AVAILABLE!**

FRIDAY, MAY 17TH, 7:00-9AM

**BEHAVIORAL HEALTH PREVENTION
AND OUTREACH**

**277 SOUTH STREET, SUITE T
SAN LUIS OBISPO, CA 93401**



www.slocounty.ca.gov/BH