



# BIKE TUNE-UPS ARE BACK!

It's that time of year again and Fresh Air and Rollin' Thunder are back to offer TBRHSC staff a Level 1 Pit Stop Tune Up for a discounted rate of \$20!

Please note that tune ups are a basic tune up and not a makeover or overhaul.

Date:

**Wednesday, May 28  
& Friday, May 30**

Time:

**11:00 am  
- 3:00 pm**

Location:

**Courtyard beside  
Cafeteria**

To make an appointment contact Marina White at [marina.white@tbh.net](mailto:marina.white@tbh.net)

## Active Commute Challenge

June 1 - 30

Sign up for the Active Commute Challenge and put 'Thunder Bay Regional Health Sciences Centre' as your employer so you can win a prize!



Thunder Bay Regional  
Health Sciences  
Centre

