

cmhc
cycles



*ride
on!*



“You feel healthier. You have more energy when you’re done bike riding...the endorphins release and it does help with depression or whatever you’re going through at the moment everything just weighs off.”

— Johvanni, CMHC Cycles rider

CHECK OUT OUR VIDEO **RECOVERY IS...GETTING A BIKE** AT CMHCFoundation.org



Connecticut Mental Health Center & Foundation
our community mental health center
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