



For immediate release.

Central East Wyandotte County. February 23rd, 2017

CABA is proud to announce that our organization has been awarded a Health Care Foundation Grant to produce The Free Wheels 4 Kids Project for 2017. (FW4K)

FW4K is a project that has delivered bicycling programs to Wyandotte County for a couple of years and as of recently, CABA offered its direction and administration structure to continue the delivery of all its programs to our County.

Programs such as EARN-A-BIKE or LET'S GET ROLLING are strong samples of the many health oriented benefits this project carries.

Kids can do a whole lot more than adults give them credit for! In six classes under Earn-A-Bike, kids 12 and up will repair a bike for themselves and for someone else. Kids will learn the skills they need to maintain and safely ride their bikes anywhere, and earn a good condition bike.

Under Let's Get Rolling FW4K Promote Safe and Healthy lifestyle through teaching fourth and fifth graders bike riding and traffic safety skills during their PE class. We practice riding on safety courses and give special attention to those who haven't yet mastered riding a bike. The semester is concluded with a Bike Rodeo –We invite the students' families to come see what skills we've learned and participate in a bike raffle for students and their younger siblings.

With the promotion of these programs and the implementation of BIKE CLUBS in mind, CABA is keen to improve the quality of Life and economic development of the Central-East area of Wyandotte County. Leading by Example in promoting culture and healthy practices, we welcome Free Wheels 4 Kids as one more of our venues to deliver extraordinary programs to our extraordinary community.

CABA is thankful to the Health Care Foundation for its support and looks forward to many years of working together.

Best regards,
Edgar Galicia
Executive Director
Central Avenue Betterment Association

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