

May is...



Green Commuting Awareness Month

Every Wednesday in May, Manitoba Hydro's Green Commuting Committee is hosting noon-hour "lunch and learn" sessions to help you gear up for the

Commuter Challenge 2005 - June 5 to 11

Sessions are held at 820 Taylor – Conference Room A and B

May 4: Cycling in the City

Tune up your bike and your cycling skills!
Howard Skrypnyk - CANBike instructor discusses spring bike overhaul basics and cycling safely in traffic.



May 11: Try Transit

Find out more about the latest services from Winnipeg Transit!

Navigo

EcoPass



Park & Ride

Bike & Bus

A Winnipeg Transit Customer Service Representative will be on hand to answer your questions and design a Transit travel plan that suits your needs.

May 18: Yoga for Walkers

Get in walking shape for the Commuter Challenge!

Yoga North hosts a session on Yoga for Walkers and discusses how to include physical activity into your day.



May 25: "Town Hall" - Making it Work at Hydro



Learn from dedicated green commuters (a Transit rider, a cyclist and a carpool driver) about what got them started in the first place and what they have done to keep with it.

Space is limited!!

Sign up by email: dnedohinmacek@hydro.mb.ca

Or call Dawn Nedohin-Macek at: 487-5382



Bring your lunch – juice and pop provided!
Door prizes at each session!

