



# BOOST EMPLOYEE WELLNESS WITH WABA

*Let's create a healthier and happier workplace*

Studies show that employees who commute by bike are more productive, use fewer sick days, and have reduced health care costs. People are increasingly relying on bikes and transit to get around, preferring walkable, bike-able downtown areas to live and work.

Whether your employees ride 20 miles a day or have never ridden a bike, WABA has classes, seminars, and other opportunities to engage them and improve their confidence on the road.

We are also able to extend these benefits to your customers or host education opportunities for community members sponsored by you.

There are many ways to promote bicycling for health and happiness at your workplace, some of which are listed here.

## SEMINARS

- › Everyday Biking Seminar
- › Bicycle Friendly Driver Seminar
- › What to Do After a Crash Workshop
- › Advocacy Training Workshop

## CLASSES AND RIDES

- › Adult or Youth Learn to Ride
- › Basic Skills Clinic
- › Confident City Cycling
- › Commuting 101 Ride



Prices for education opportunities start at \$1,000, with discounts for WABA business members.

For more information contact us at

**[business@waba.org](mailto:business@waba.org)**.

## BICYCLE PARKING

Visit our website at **[waba.org/parking](http://waba.org/parking)** to find out how to have bicycle parking installed.

## WABA BUSINESS MEMBERSHIP

Are you ready for deeper engagement with the bicycling community in the Washington area? WABA offers consultation biking amenities and benefits, connection with WABA's work improving bicycling in the region and custom volunteer opportunities.