



CENTURY CYCLES
BICYCLE SHOP

Interactive Wellness Series

Healthy Cooking for an Active Lifestyle!

Thursday, May 19th, 6:30pm - 8:00pm

Century Cycles - 1059 N. Court Street, Medina, Ohio

At Century Cycles, we want to help cyclists embrace an overall wellness lifestyle. So, we've partnered with local health and fitness experts to bring you this informative and interactive series that will focus on different aspects of wellness, from physical fitness and nutrition to full body health and stability.



Kelly Bailey, Integrative Nutrition Certified Health Coach and host of "Cookin' with Kelly" returns to our shop for an evening of fun, friendship and FOOD. She will demo several plant-based recipes that will help keep you fueled and full, whether you're a cyclist, runner, hiker or anyone interested in living life to the fullest!