

BRINGING HEALTHY TO YOU!

SUMMER



2024

Providing fun, healthy ways to walk, eat, bike, paddle and more across WNY

Independent Health and Independent Health Foundation are excited to work with a variety of local partners to help Western New Yorkers get healthy, stay active and have fun in the sun! Don't forget, Independent Health members receive a discount with their ID card at select locations.*



GOBIKE

A variety of activities are planned for Bike Month in May! Join us for bike breakfasts, group rides, mobile repairs and more. Save the date for SkyRide on Sunday, July 21.*



REDDY BIKESHARE

Reddy to explore Buffalo and Niagara Falls? Bikes are available now through October to help you commute to work, visit your favorite park or take a leisurely roll! Reddy+ Bikes (electric pedal-assist bikes) are now available!*



KIDS RUN

Celebrate healthy living with a FREE 1.8 mile walk/run and fun activities the whole family will enjoy! Join us June 1 at Delaware Park.



FITNESS IN THE PARKS

Now in our 13th year! Get fit for FREE in a park near you this summer with our friends from the YMCA. Classes start June 3, featuring yoga, Zumba®, Pilates and more. Registration is never required.



LARKIN SQUARE

Food Truck Tuesdays start June 4 with free giveaways** on select dates. Pickleball courts are open all summer long.



OUTER HARBOR***

Explore the tracks and trails at Lakeside Bike Park, connecting you to the 3-mile Independent Health Wellness Trail. You can also enjoy a concert at the new Terminal B. It's the place to be this summer!



COMMUNITY HEALTH DAY

Bring the family to the Buffalo Museum of Science on June 19 for FREE admission, healthy indoor and outdoor activities, giveaways** and more.



PLAYSTREETS

Offering FREE sports programming and fitness equipment to youth ages 5-18 in the City of Buffalo. Visit us online for seasonal program dates!



BUFFALO RIVERWORKS

Beat the summer heat with kayak, hydrobike, paddle board rentals and other adventure activities like ziplining, rock wall climbing and the ropes course.* Roller skating is offered on select dates.



WELLNESS WALKS

Join us at Tiffit Nature Preserve every Thursday morning for Wellness Walks! This weekly series of free, guided walks is a great way to get your steps in while taking in the sights and sounds of nature. Free giveaways** for participants.

Visit us for updates all summer long! independenthealth.com/events

* Independent Health members receive a discount with their ID card. Discounts apply to select partners: GObike, Reddy Bikeshare and Buffalo RiverWorks.
** While supplies last. *** Wilkeson Pointe is closed to the public for 2024 due to construction. ©2024 Independent Health Association, Inc. IH34434

