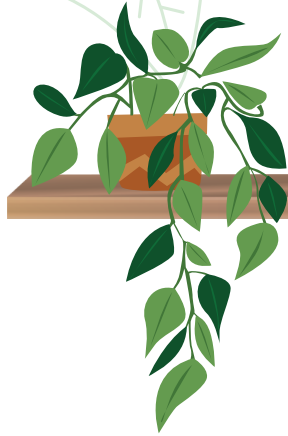


The CES Green Team's

TIP OF THE MONTH



Do you want to live longer and save the planet? Bicycle!



May is National Bike Month!

Study after study shows that bicycling strengthens your heart and lungs and improves your mental health.

- Bicycling has a profound effect on your body's immune system and life expectancy.
- Cyclists live an average of 8 years longer than non-cyclists.
- Bicycling saves money: no need to pay for fuel, parking meters, insurance, or car maintenance.
- Bicycling reduces particulate matter, stress on roads, noise, and pollution.

Additional resources/links

- [42+ Reasons To Ride A Bicycle](#)
- [Bicycling + the Environment](#)
- [MassBike](#)
- [Friends of Northampton Trails Events & Resources](#)
- [Bicycling Community Data](#)

The Green Team's mission is to center sustainability and climate justice principles within CES's policies, procedures, and operations. Additionally, we support the integration of climate justice education and advocacy into the agency's work with the diverse communities it serves.

The Green Team's next meeting is **June 3, 2:45PM in person**
at 97 Hawley St, Northampton. Come join us!
Email greenteam@collaborative.org.