

BRINGING HEALTHY TO YOU!

SUMMER



2026

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.*



REDDY BIKESHARE

It's the 11th season of Reddy Bikeshare! 500 Reddy and Reddy+ bikes are available across Buffalo and Niagara Falls to help you get moving. Riders who log 100 miles or more this season will earn rewards.



GOBIKE

A variety of activities are planned for Bike Month in May! Join us for bike breakfasts, group rides, mobile repairs and more. Plus, enter Independent Health's Bike Month Contest for the chance to win a prize! Save the date for GObike's SkyRide on July 19.*



KIDS RUN

Celebrate healthy living with a FREE 1.8 mile walk/run and fun activities the whole family will enjoy! Join us June 6 at Delaware Park.



FITNESS IN THE PARKS

Now in our 15th year! Get fit for FREE in a park near you this summer with our friends from the YMCA. Classes run June through August, featuring yoga, Zumba®, Pilates and more. Registration is never required.



LARKIN SQUARE

Food Truck Tuesdays return to Larkin Square June through August, with free giveaways** on select dates. Every food truck offers at least one Healthy Options menu item that's lower in fat, cholesterol and sodium. Pickleball courts are open all summer long.



OUTER HARBOR

Enjoy the great outdoors with kayak rentals,* park golf,* free outdoor fitness classes and the Independent Health Wellness Trail, connecting Wilkeson Pointe and Lakeside Bike Park. Plus, use the free bike valet during concerts at Terminal B!



COMMUNITY HEALTH DAY

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



BUFFALO RIVERWORKS

Beat the summer heat with kayak and 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 Tiff 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: Reddy Bikeshare, GObike, Outer Harbor and Buffalo RiverWorks.

** While supplies last.

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