

BRINGING HEALTHY TO YOU!

SUMMER



2025

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 10th season of Reddy Bikeshare! 500 Reddy and Reddy+ bikes are available across Buffalo and Niagara Falls to help you get moving. Look for free giveaways** at select events.



FITNESS IN THE PARKS

Now in our 14th 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 start June 3 with free giveaways** on select dates. Pickleball courts are open all summer long.



KIDS RUN

Celebrate healthy living with a FREE 1.8 mile walk/run and fun activities the whole family will enjoy! Join us June 7 at Delaware Park.



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.



SKYRIDE

Save the date for GObike's annual SkyRide* on Sunday, July 20, at Outer Harbor's Lakeside Bike Park. Join us for a family-friendly bike ride to see Buffalo like never before!



OUTER HARBOR

Wilkeson Pointe is back! Enjoy free fitness classes all summer long, plus bike and kayak rentals* will be available soon. Explore the 3-mile Independent Health Wellness Trail and Lakeside Bike Park, open year-round for all to enjoy.



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 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 Tifft 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. ©2025 Independent Health Association, Inc. IH35300

