

## A “Smoothie” Ride!

Sutton Housing Society Staff, tenants and colleagues from the Triangle Day Centre @ Cloverdale Court, Wallington had a fun time riding a smoothie bike on Thursday 16 March 2017, to highlight the importance of good nutrition.

All challengers rode the bike and made a fruit based smoothie at the same time – and the bonus was that they got to enjoy the fruits of their labour after their ride!

