



**The NHS Couch to 5K programme is back!
Led by volunteers Kira and Helen, come and join
the thousands of people who have become
runners!**

Everyone is welcome and you'll get lots of support to
succeed.

Whatever your fitness level, even if you've never run for
a bus before, you can do this!

**Every Wednesday from
10 January 2024 at 7pm
Meeting on Weston seafront**

(Near the red shelter/toilets on the corner of Marine Parade at the Uphill
end of the prom)

Please wear comfortable clothing

**To book your place, or for more information please
contact Kira on: 07882 474 692 or email**

Kira.thorpe@hotmail.com