



**The NHS Couch to 5K programme is back!
Led by volunteers Sam, Vicki and Kira - 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!

Starting 14 January 2026
Every Wednesday 6.45pm from
The Beach Huts, Weston Prom

**To book your place, or for more information, please
contact Kira:**

Kira.thorpe@hotmail.com / 07882 474 692

#NOEXCUSES
FLO & CO

Supported by run leaders from Flo and Co



Everyone is welcome, but we're also supporting #Let's Lift
the Curfew promoting safe outdoors activity for women in
the darker months