



**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 Monday from
6 October 2025 at 7pm
Meeting on Weston seafront**

(at the corner of Marine Parade and Beach Road at the
Uphill end of the promenade)

Please wear comfortable clothing

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

Kira.thorpe@hotmail.com 07882 474 692