



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

Starting Wednesday 9 September

Meeting at 6.35pm, for a 6.45pm
start, at The Beach Huts
Weston-super-Mare seafront

To book your place, please contact:
getactive@n-somerset.gov.uk / 01275 882 730

#NOEXCUSES
FLO & CO

Supported by run leaders from Flo and Co



Everyone is welcome, but we're also supporting This
Girl Can, promoting safe outdoors activity for women
in the darker months