



**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 January 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](mailto:Kira.thorpe@hotmail.com)**