

Join us for a
run.

MaryFrancesTrust 

COUCH TO 5K COURSE ELMBRIDGE SEPTEMBER 2019



Wednesday's at **11.00am**
Starting - **18th September 2019**
Meeting outside The Anglers pub in
Walton.

Could learning to run help your emotional wellbeing and be useful in managing your mood?

Join this free, friendly and supportive group for total beginners and give it a try.

For further information or to book your place please contact Michael by email michael@maryfrancestrust.org.uk or phone 07961 478 625