

BEGINNERS' RUNNING GROUP



Next sessions of this popular group
start 12th September 2017



What previous beginners said:

"If you are toying with the idea of doing this course...don't hesitate, just do it, it's great. Truly inspirational and motivational."

"Do it! You'll feel so proud of yourself"

"I never thought I would be able to run 5k let alone enjoy it but I did and I do....you ladies have helped me on the first step of seeing myself in a different light"

Join a **fun and friendly** running group led by Erica and Heather that will help you get from **couch to 5k**.

Sessions held on Tuesday morning 930-1030am in Berkhamsted area.
No session in half-term, 23rd October.

£50 for 9 sessions

All proceeds will be donated to The Hospice of St Francis

Reserve your place now by emailing:
JogOnRunning@hotmail.com

