



**Couch to 5k  
Beginners  
Running  
Group**

living

**FREE**

moving

learn

connect

giving

Get **moving**

**With: Health Trainer**

**Laura Chapman**

**Duration: 10 Weeks**

**Cost per session: Free**

For more details please contact:



07826884699



[laurachapman5@nhs.net](mailto:laurachapman5@nhs.net)



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**well.**  
**being**  
for life

