



Couch to 5K

Learn how to run 5K



Please join Amanda Marshall NP, Steve Toms and Mindy Knott as we work together towards completing the “couch to 5K” program

You don't have to be an expert runner! We will work at your pace!

Mondays (Starting from Cenotaph)

7:00PM-Adult & Youth

Wednesdays (Starting from Cenotaph)

7:00PM – Adult & Youth

Fridays (Starting from the Health Centre)

12:30PM –Adults

Due to schedule Amanda, NP will only on most occasions be able to join Friday group

At the end of the program we will aim to complete a 5K Race (Run or Walk) as a group

Come out and have some fun while getting active!!



For more Information call the Health Centre



*****Morning sessions will be planned for those who are interested*****