**Do YOU want to boost your general fitness and mental health in a fun, supportive environment?**

*Why not try the ECH Couch to 5K?*

***Week 1 start:***

***27th April Lux Park – 6.30pm***

* ***We follow the NHS tried and tested plan.***
* ***Weekly Wednesday sessions and plenty of support to achieve your goals (for 9 weeks and beyond).***
* ***No previous running experience necessary.***
* ***No charge!*** We are passionate about helping others to improve their health and wellbeing and offer this programme for free. You are welcome to join us for a 3-week trial and then we do encourage you to join our club (a standard member fee is £20 and gives you access to a variety of sessions for a whole year). Our membership fees fund leader qualifications and community events.

At **East Cornwall Harriers**, we understand that starting anything new can be very daunting. However, our qualified, friendly leaders will make you feel very welcome. **If you have any queries, do not hesitate to contact   
Lucy at :** ladiescaptainech@gmail.com

***Why not give one session a try?*****You have nothing to lose but so much to gain! 😊**