

# NEW! Run For You

Adult beginners running and speed walking group



Steph Martin a qualified running group leader offers a warm welcome to all, no matter what your size, age or ability.

- *non-competitive*
- *tailored for your individual needs*
- *fully qualified and experienced leader*

**Date:** Tuesday and Thursday

**Time:** 6.30-7.30pm

**Location:** Meeting at Broadfield Stadium every Tuesday and at the tennis courts in West Green Park every Thursday

**Cost:** £2.50 per session (50p of which is donated to St Catherine's Hospice)

*Please bring a bottle of water along with you.*

For further information, please contact Steph on 07835612851 or e-mail [s\\_martin99@sky.com](mailto:s_martin99@sky.com)  
Alternatively, if you wanted to find out where your nearest health walk was visit [www.crawley.gov.uk/healthwalks](http://www.crawley.gov.uk/healthwalks)



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