

# LAUNCHING 'SCHOOL RUN'

MON 7TH MARCH. 7PM. SCHOOL GATES.



Want to get fit? Statistics prove exercising as part of a group is more motivational than on your own.

Couch to 5km in 10 weeks. £2 per session, all proceeds go directly to the PTA. Join Sarah & Kate for a fun way to meet other mums or dads & get fit. We are just 2 mums who like running.

**We are not qualified fitness instructors nor do we offer dietary advice.**

Suitable for non runners, beginners or anyone who wants to join.

Call or text to book your space.  
Sarah Cartwright **07588 439663**  
or Kate Axford **07743 852967**

# HEADS UP