



Get Set
to GO

Learn2Run Group

Never tried running before? Or not ran for ages? Join our friendly, supportive Learn2Run group which is designed to help you to tackle stress, build confidence and keep fit!

This is a 10-week course running every Friday 2pm

Friday 7th October
Alkincoats Park Cafe,
In front of the Bowling Green, Colne.
Wear appropriate clothing and footwear

To make an enquiry contact:-



alexgould@lancashiremind.org.uk



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Charity Number:
1081427



Lancashire Care **NHS**
NHS Foundation Trust