



# COUCH TO 5K

**£30  
PER PERSON  
Including T-Shirt**

Jones Memorial PS are delighted to announce a series of **Couch to 5K** starting in January 2023.

Couch to 5km is for EVERYONE.

Maybe you have never tried running before or you just want to get more active?

'Couch to 5K' is an easy way of getting fitter and healthier.

**Details:** 10-week programme

**Start:** Wednesday 11<sup>th</sup> January 2023

**Time:** 6.30-7.30pm

**Location:** Fermanagh Lakeland Forum

**Cost:** £30

In order to participate in the Couch to 5K programme (aged 18 and over) please complete the following questionnaire and return to Louise Noble, Jones Memorial Primary School, Email: [lnoble167@c2kni.net](mailto:lnoble167@c2kni.net). Telephone: 02866323420.

Complete the form to join: <https://forms.office.com/e/d5mqghQJdz>