

Couch to 5K Walking Group



Build up to walking 5km, become more active, gain confidence and meet new friends.

**Join us every Monday
Starting on 11 October 2021
10.00 – 11.00am**

Gradually build your fitness over 12 weeks to complete a non - stop 5km walk with the support of a qualified walk leader.

£1 per session with first session free.

For more information please call

0333 241 2340

email info@ageukdevon.co.uk

or visit ageuk.org.uk/devon

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