

Learn to Run!

Alberton

Meeting every Wednesday evening 6:00 p.m. at Alberton
Town Hall, 3 Emma Drive

Starting April 11th 2018

Are you feeling dragged out with lots of snow? We have the
answer...

Come and take the 10km learn to Run Program

10 weeks and we will change your life

Totally FREE!

We supply motivational programs starting with walk 1 min,
run 3 mins. At the end of 10 weeks, walk 1 min, run 10 mins.

See you Wednesday,

Coach Susan and Ron Flynn

Offered by Western Region Sport and Recreation
Council