

Begins September 26th



Couch to 5K



Ends November 24th

5k Turkey Trot

Cape Cod Municipal Health Group

Members Only

Have you ever wondered if you could run, or perhaps just finish a 5k, but needed some

Guidance,
Support
and Motivation?

Then this program is perfect for you!!

No matter
how slow
you go,
you are still
lapping
everybody
on the couch.

All Runners Are Welcome

- Beginners
- Moderate
- Advanced

For more

INFORMATION

and to

REGISTER

please visit:

www.ccmhgmarthasvineyard.com

Questions! Please Contact Krystle Rose Wellness Consultant

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