



**COMMUNITY SPORTS
& EDUCATION
TRUST**

REGISTERED CHARITY NO: 1102239

MINDFUL # RUNNING

**Every Tuesday 11.30 am - 12.30pm
12.30pm teas and coffees (optional)**

**Starting on 18th September to 11th
December (Excluding 30th October)**

£3 per session, or £12 first block (18/09 - 23/10)
or £10 for second block (06/11 - 11/12)

Run for your mind! Gently introduce yourself to running
for beginners and intermediate runners.
Move from couch to 5K in a fun, friendly and supportive
group environment.

**YMCA Abbots Langley, Leavesden Country Park (Off
College Road) Abbots Langley, WD5 0GU.**

Register Online: www.watfordfccsetrust.com/courses

For more information please contact Karen Stephanou on
karen.stephanou@watfordfc.com or 07841028229

