

An introduction to running

supported by



horsham joggers

This session is aimed at new runners to come along and find out about Horsham Joggers, whilst having some fun and showing how running can have a positive impact on our mental wellbeing.

This is a free session, open to anyone aged 16 years and over.

All abilities welcome and no running experience is necessary.

Meeting Point

Horsham Park, between the Nature Gardens and the pond (look out for the Horsham Joggers flag)

Date & Time

Sunday 19th September 10:00-11:00 am

#RunAndTalk

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...improving mental health through running.



working with