



RUN 4 RESILIENCE



BEGINNER RUNNERS WANTED

Run 4 Resilience is a 12 week community initiative highlighting the importance of physical activity and community connection on mental health and wellbeing. We are looking for beginner runners, 18 years and older.

What's included:

- allocation to one of two, 12 week run programs starting 23 June
- weekly catch ups and sessions,
- access to and presentations from health professionals
- FREE race entry to 10km running event on 15th September
- being part of a health and wellbeing research project

Register before 8th June 2024

0435 800 852

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*participants will be screened and informed before the initiative at the discretion of the project leads. This will be based on capacity of the program. This program is for adults 18 years and older.