



RunTogether

Disability Sessions

Walk!

Jog!

Run!

Run Together and Charnwood Borough Council are once again teaming up to provide affordable Running, Walking and Jogging sessions for all abilities in Loughborough during Spring/Summer 2017. We recognise the various benefits exercise brings, including helping to maintain a healthy weight, relieving stress, making friends and reducing risks of illnesses such as type 2 diabetes.

Where? Queens Park, Loughborough, LE11
3BH

When? Every Friday from 19th May 2017 to
29th September 2017, 10:30am-11:30am



Spot prizes to be won
and Certificates for
those who attend 100% !!

Just £2 per
session!



*£2 fee is to cover Leader's expenses

We believe everyone should have a chance to experience these benefits, but unfortunately people with disabilities face barriers such as cost, transport and lack of confidence. Therefore, to help break down these barriers, we have provided some affordable, accessible and inclusive sessions in Queens Park, Loughborough.



What the Run Together Group means to Joe...

Joe has cerebral palsy which makes many things in life more difficult for him than for others. But with a positive outlook and determination, he doesn't let it stop him from getting out and participating. So when Joe found out about the group he decided he would join in! In fact, he is so enthusiastic that he wants to urge others to sign up too!



Joe's involvement in Run England and his voluntary work with a local Boccia Club has widened his horizons and proved you don't have to stay at home by yourself if you have a disability! Taking the plunge and joining in has given Joe a positive self-image as someone who makes a difference to his own life and that of others. He has gained new skills and confidence in his ability. He has also made new friends with whom he can make jokes and have a laugh and enabled him to lead a more active lifestyle.



Join us on Facebook! Search 'Run Together Disability Sessions - Loughborough' to like our public page, or 'Run Together Loughborough Disability Group' to join a private group for participants and carers.



Follow us on Twitter! @DisabilityRun

For more information or enquiries about these sessions, please contact us via Facebook, Twitter or the following web address:

groups.runtogether.co.uk/LoughboroughDisabilitySessions