



In partnership with Buxton Water, we're delivering a 12-week programme to support people into running.

- It's aimed at people who want to improve their mental wellbeing through being physically active in a supportive and friendly group.
- Running can help you to reduce stress, improve your mood, run a 5k and meet new people.
- Our qualified run leader will take you from Couch to 5k in 12 weeks, giving you the confidence to keep going, join a parkrun or to continue to run independently.



FREE group for beginners – come along and give it a go! Speak to us, or visit:
mind.org.uk/buxton-movers

“I was apprehensive about joining a running group, but it's changed my life.”