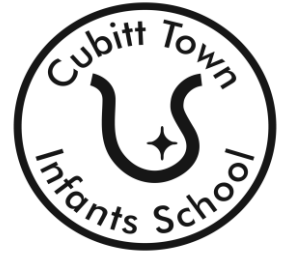




Cubitt Town Infant & Junior Schools



Calling All Mums, Dads & Carers

Would you like to learn how to Jog?

Come along to our Jogging Group

Gradually build up your running ability through walking and jogging each week, to eventually run 5km without stopping with the help of a Free App provided by NHS Choices



Regular running can reduce your risk of chronic illnesses, such as heart disease, type 2 diabetes and stroke.

It can also boost your mood and keep your weight under control

Date: Every Friday (Term time only)

Time: 9.20am-10.20am

Venue: Cubitt Town Community House
(Manchester Road entrance of the School)

Come along and be part of our school community
Please contact Jacqui Jenkins on 0207 987 4362
for more information

All Welcome

Follow us on Twitter



@CubittComHouse



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