

# Independence Couch to 5K Program

**Join the Independence Health Department for the second year of our Couch to 5K program! Come walk/run with Health Department staff, meet your community, and train for the Independence Park Trot 5K through weekly walks/runs. Each week the walks/runs get longer and more fun!**

**Who:** Anyone interested in completing a 5K

**What:** A FREE 6-week Couch to 5K walking program

**When:** Every Thursday, March 23 - April 27, 2017 - sign-in at 5:30pm, walk begins at 6pm

**Where:** Waterfall Park, 4501 S Bass Pro Dr., Independence, MO

**Why:** To be physically active and prepare for the free, Independence Park Trot 5K

Sign up for the FREE Independence  
Park Trot 5K @  
[www.independencparktrot.com](http://www.independencparktrot.com)

Prizes for  
weekly participation and  
completing the program!

\*\*\* For more information, call the Independence Health Department at 325-7185. Find us on Twitter (@IndepHealthDept), Facebook (Independence, Missouri Health Department), or online at [www.buildingahealthierindependence.org](http://www.buildingahealthierindependence.org).\*\*\*

