

Independence Couch to 5K Program

Join the City of Independence for the third year of the FREE Couch to 5K program! Come walk/run with City 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 six-week Couch to 5K walking program

When: Every Tuesday, March 13 - April 17, 2018 - sign-in at 5:30pm, walk begins at 6pm

Where: Waterfall Park, 4501 S Bass Pro Dr.

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

Sign up for the FREE
Independence Park Trot 5K @
www.independenceparktrot.com

Participate EVERY Tuesday
to receive a FREE 5K shirt!



For more information, call the Independence Health Department at 325-7185. Find us on Facebook, [facebook.com/CityOfIndependence](https://www.facebook.com/CityOfIndependence).

