



Independence Couch to 5K Program

Join the City of Independence for the fifth year of the FREE Couch to 5K program! Come walk/run with City staff, meet others from the community and train together 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 walk/run program
- When:** Every Thursday, March 19 - April 23, 2020, 5 - 6 p.m.
- Where:** Waterfall Park, 18001 Bass Pro Drive

Every Thursday at Waterfall Park Centerpoint will bring a representative to speak on a variety of topics. If you participate EVERY Thursday your name will be entered into a drawing for a chance to win one of three FREE pair of shoes and professional shoe fit (\$100 value) donated by Centerpoint Medical Center. **Don't forget to sign up for the FREE Independence Park Trot 5K at www.independencparktrot.com.**

- 3/19: Rehab – Stretching / Getting Starting in fitness
- 3/26: Centerpoint Orthopedics – Joint Care
- 4/2: Dietician
- 4/9: Care Now – Mary Devers (ER Visit vs. Urgent Care Visit)
- 4/16: Rehab – Sports Medicine
- 4/23: Centerpoint Primary Care – Ask a Doc

For more information, call the Parks and Recreation Department at (816) 325- 7187.

Find us on Facebook, [facebook.com/CityOfIndependence](https://www.facebook.com/CityOfIndependence).