

FREE 10-week Couch to 5K programme

Starting 18 February at 5pm!



gtd healthcare is working with East Cheshire Harriers & Tameside Athletics Club, Ashton-under-Lyne, to help support staff and patients experience the health benefits associated with running. These include:

- weight loss;
- improving people's general health and wellbeing;
- decreasing symptoms of depression;
- improving learning abilities;
- sharpening the memory;
- protecting the brain from ageing;
- alleviating anxiety;
- helping you sleep better;
- boosting self-esteem;
- increasing your creativity;
- decreasing cravings for unhealthy foods and substances;
- helping the brain heal from substance abuse;
- helping with social isolation and developing friendships.

Accessing the programme

- Patients who are registered with a *gtd healthcare* GP practice in Greater Manchester can be referred by their GP or healthcare professional.
- A referral will be accepted with a completed form.

Patients will be able to participate in free sessions with qualified coaches.

For further information, please email andreaHANDLEY@nhs.net

Sessions will take place at East Cheshire Harriers and Tameside Athletics Club, Richmond Street, Ashton-under-Lyne, OL7 9HG.