



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# COUCH POTATO TO 5K

## Starting February 26th

This 10-week program will get you moving from the couch to the 5k finish line in no time. Participants will begin with walking and slowly progress and develop to running in an encouraging and supportive group setting. This group meets once per week and assignments for weekly activity will be given out. At the end of the program everyone will run in the Four States Flattest 5k at the Neosho YMCA on Saturday, May 5th. Registration fees cover the race entry fee and all participants will automatically be entered.

**WHEN:** Monday's February 26-April 30  
**TIME:** 6:00 P.M.  
**Location:** Neosho Freeman Family YMCA  
**Cost:** MEMBERS \$35 Community Participant \$55



**\*\*Participant's must complete the program to receive the T-shirt\*\***

Neosho Freeman Family YMCA  
4701 Chouteau Ave  
Neosho, Mo 64850