

# Couch-To-5K Program Offered

**Register:**  
April 15 - May 14

**To Register:**  
419.483.4040, Ext. 4625  
email: [martino@bellevuehospital.com](mailto:martino@bellevuehospital.com)

## Hosted by The Bellevue Hospital and Bellevue Anytime Fitness

The Bellevue Hospital (TBH) and Bellevue Anytime Fitness are encouraging you to get up and get moving with a Couch-to-5K Program. The nine-week training plan is free, and will prepare participants for a 5K Race, whether it is their first time or they want to get back into racing.

Participants will meet at TBH's Wellness and Walking Trail once a week, on Tuesdays. Training will consist of 3 workouts per week, with one scheduled as a group meeting.

**Open Registration:** April 15 – May 14, 2019

**Informational Meeting:** May 15, 2019 at 6:00 p.m., Burson Conference Room at TBH

**Additional Program Dates:** Tuesdays, May 21 – July 16, 2019 from 6:00 – 7:00 p.m.  
TBH's Wellness & Walking Trail

**Final Race:** Dr. D. Ross Irons 5K Memorial Run/Walk  
Friday, July 26, 2019 at 7:00 p.m. starting at Bellevue Central Park.  
**Race Fee is \$25 with all proceeds to benefit The Bellevue Hospital Mammography Fund.**

Prizes will be awarded based on the number of meetings you attended and the completion of the Dr. D. Ross Irons 5K. **Register by calling The Bellevue Hospital at 419.483.4040, Ext. 4625 or email [martino@bellevuehospital.com](mailto:martino@bellevuehospital.com).**

