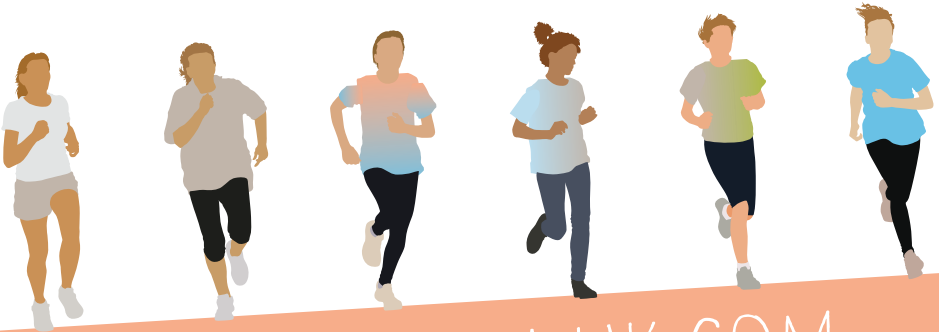




JOIN OUR



RUNNING GROUP



WWW.GINA.UK.COM

 GINA

GINA'S RUNNING GROUP

is a welcoming and friendly group dedicated to people affected by rape and sexual abuse; survivors, family and friends, those supporting survivors and interested members of the public.

IF YOU JOIN YOU WILL HAVE THE FOLLOWING BENEFITS:

- Opportunities to develop as a runner and / or a running leader
- Running specific workshops
- Support and encouragement to enter events if you choose to do so
- A range of GINA's Running Group kit and accessories only available for members to purchase

BECOME A MEMBER OF GINA'S RUNNING GROUP AND YOU WILL:

- Be able to join the Wednesday and Saturday Group Runs
- Be invited to attend GINA's Running Group workshops

If you would like to join, or know of anyone who may be interested in joining, visit our website at:

www.gina.uk.com



Supported by

**THE WISDOM
FACTORY CIC**

ALL ABILITIES ARE WELCOME AND IT IS OPEN TO BOTH WOMEN AND MEN WHO LIVE IN BIRMINGHAM.

We are an official  Run ENGLAND Group

GROW - INSPIRE - NURTURE - ACHIEVE

