



Ladies,

It's time to get moving! Join WOW as we begin the Couch to 5K running program.

Participants will receive

- **prayer support,**
- **motivation, &**
- **encouragement**

as we work together toward a common goal.

Sign up at the WOW table in the Gatheria to register and receive more information. Be sure to indicate whether you'd like to be a part of the Decatur or Hartselle group.

Training begins March 12, 2012!

Name: _____

Email: _____

Phone: _____

Decatur (Julian Harris) Hartselle (Sparkman Park)



2527 danville road sw • decatur, al 35603
decaturbaptist.org • 256.353.8579



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