

Health Walk for YMP Patients

Organised by the PPG and Patients of York Medical Practice

Friday 7th December 2018 at 10.30am

Meet – York Medical Practice Entrance Lobby

These walks are a great opportunity to meet up with other patients who want to improve their health and fitness by walking.

The 7th December Health Walk will start at the YMP Reception and go towards Richmond Bridge via St Margaret's. At the bridge we will go down to the river path and walk back to Twickenham along the river. It will take approximately one hour.

There will be opportunity if you're tired to divert across to the buses running between Richmond and Twickenham.



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If you want to join us for either walk, phone the Practice and tell reception you want to be added to the list or just come to the entrance area of the Practice at 10.25am on the day.