

# **Health Walk for YMP Patients**

*Organised by the PPG and Patients of York Medical Practice*

**Friday 8<sup>th</sup> June 2018 at 10.30am**

## **Meet – York Medical Practice Entrance Lobby**

On our last walk in February we walked at a leisurely pace for about 50 minutes from the practice in Oak Lane to the River Crane at its junction with Mill Road. These walks are a great opportunity to meet up with other patients who want to improve their health and fitness by walking. On this walk we will be walking further up the River Crane to Hospital Bridge Road then in June to Gunshot Tower and the nature reserve.

We have devised the walks so that anyone that cannot complete the whole walk can leave at Mill Road or Hospital Bridge Road and get a bus back to Twickenham.



www.shutterstock.com · 684676198

**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.**