

Health Walk for YMP Patients

Organised by the PPG and Patients of York Medical Practice

Friday 4th October 2019

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. On this walk we will be walking further up the River Crane to Hospital Bridge Road then 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 this walk, phone the Practice on 0208 744 0220 and tell reception you want to be added to the list or just come to the entrance area of the Practice at 10.15am on the day.