



Royal College of
General Practitioners



We are a parkrun practice

parkrun UK





If you want to...

- Make friends
- Be part of a community
- Improve your health
- Be active
- Learn new skills

... there's no better place than parkrun!





**Walk, jog, run, volunteer,
or come along and watch!**



What?

- A free, 5k event

When?

- Every Saturday at 9:00am

Where?

- Shinewater Park, Eastbourne





**Everyone
is welcome**





It's free!





Taking part is easy

Register once at

www.parkrun.org.uk

**Print your barcode and
just turn up**





**Join the parkrun
family today!**

www.parkrun.org.uk





**Speak to the practice
team to find out more**



FINISH



www.parkrun.com



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