





#### We are a parkrun practice





#### 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?

BRYN BACH PARK TREDEGAR





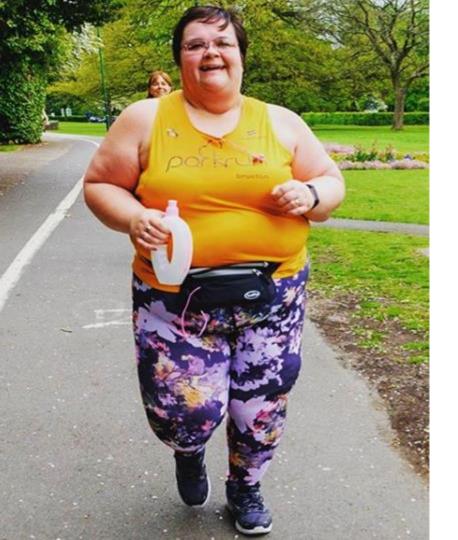


# **Everyone** is welcome





### 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

### (G)

# Speak to the practice team to find out more







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