



Royal College of
General Practitioners



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





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







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





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





Royal College of
General Practitioners



www.parkrun.com