

Surgery Walking Club

Do join us in this exciting new venture!

From Monday 9th January 2017, beginning at the Panton Practice, Gervis Road, there will be a gentle 30 minute walk, with sea views.

Anyone of any age will be welcome to join in.

Benefits

- Health
- Fitness
- Social interaction
- Much more

These walks, organised by the nursing team, will take place on **Mondays, Wednesdays and Fridays.**

Meet at the surgery at 9.45 a.m. for a 10.00 a.m. start.

Details may vary as we progress.

Do bring a friend, if you'd like to!

Ask a receptionist if you have any questions, otherwise just turn up. No booking required.

