

# The Park Medical Practice & Oakwood Surgery

## **If you are interested in:**

- Improving your health and wellbeing through physical activity, including volunteering
- Opportunities to meet people, make friends and be part of a welcoming, supportive community
- Activities that are free, outdoors and accessible to all

## **Parkrun could be the answer**

- Free, weekly 5 k event for all **every Saturday morning 9am at Markeaton Park, Derby**
- Organised by local volunteer teams
- No race, but **walk, jog, run, volunteer or spectate**

## **Parkrun is open to all, including those who are inactive or have health conditions**

1. Register once on the parkrun website <https://www.parkrun.org.uk>
2. Print off your personal barcode
3. Head to Markeaton Park, Derby