

NHS PCN Parkrun event



Vitality
partners
parkrun

NHS 75
1948 - 2023

parkrun for the NHS

marking the NHS's 75th anniversary

- Saturday 8 July
- Sunday 9 July (junior parkrun)

#NHS75parkrun #NHS75

Walk, jog, run or volunteer!



Saturday 8th July @ 9am

Torbay Velopark, Torbay Leisure Centre, Paignton, TQ4 5JR

Staff, their families and patients are all invited to come together for the NHS Parkrun

What is Parkrun? Parkrun is a free, fun, and friendly weekly 5km community event. Walk, jog, run, volunteer, or simply spectate and soak up the atmosphere!

How to take part? **You need to register online to take part** <https://www.parkrun.org.uk/register>
(PLEASE ENSURE YOU BRING YOUR BARCODE)

Dress up CLINICAL (Optional) Wear your work clothes, look like a doctor, nurse, wear mask & gloves!



A FLAG WILL INDICATE THE MEETING POINT ON THE DAY

Please ensure you bring plenty of water!