



Are you affected by cancer or supporting someone through it? Now or in the past? Then come along for a little physical activity and social time at our

MACMILLAN HEALTH WALK

First Thursday of the month, 1pm at Greenhead Park

Please meet at 12.45pm at the Conservatory (Bottom entrance to Greenhead Park) for a gentle walk round the park at 1pm, with an optional drink in the café afterwards

Upcoming Dates:

Thursday 7th November 2019

Thursday 5th December 2019

Thursday 9th January 2020 (please note not the 2nd Jan)

Contact Helen or Mandy in the Macmillan Information Service

HRI – 01484 343614 or CRH – 01422 222709

Patients and Carers Welcome!



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