



GORDON HOUSE  
SURGERY

# WE ARE A PARKRUN PRACTICE



In an exciting and innovative initiative, the RCGP is partnering with parkrun UK to promote the health and wellbeing of staff and patients. Under this initiative, GP practices across the UK are encouraged to develop close links with their local parkrun to become parkrun practices.

**Walk, jog, run, volunteer, or come along and watch!**

*What?*

**A FREE, 5K EVENT**

*When?*

**EVERY SATURDAY 9AM**

*Where?*

**GUNNERSBURY PARK, EALING**

**[Register for a barcode or volunteer at http://www.parkrun.org.uk/gunnersbury/](http://www.parkrun.org.uk/gunnersbury/)**

The Gordon House Surgery Team would like to encourage all it's patients and staff to attend our weekly practice Parkrun event