2019 Keighley GPs Takeover!

12 JANUARY 8.30AM–10AM
Run starts at 9am
Cliffe Castle, Keighley

Come and join in!
Run | Jog | Walk | Volunteer

Remember to register at Parkrun.com and bring your barcode!

- Blood pressure tests
- Heart monitoring
- Good advice to live a healthier life
- Have a chat with a GP about lifestyle changes you can make
- Ask about social prescribing and how that can help you live a fuller more active life
- Lots of activities in Keighley to hear about
- Volunteering opportunities


Keep those New Year’s resolutions in 2019!