



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

10:30am at Greenhead Park

Please meet at 10:15am at the Conservatory (Bottom entrance to Greenhead Park) for a gentle walk round the park at 10:30am, with an optional drink in the café afterwards

Upcoming Dates:

6th October , 3rd November & 1st December

For further information contact the CHFT Macmillan Information & Support Service – 01484 343614, 01422 222709 or email cancer.information@nhs.net

Patients, family members and friends welcome!