

NEW YEAR - NEW YOU!



Eaten too much over Christmas?

Fancy having fun getting fit in 2025?

Then come and join us at the new Kintbury and Woolton hill surgery social running group, on Thursday mornings for a period of 10 weeks. It is an inclusive and supportive group running for fun, which will be led by a “run together” group leader. This offer is free to all patients at the surgery.

The first run will be starting from Woolton Hill surgery on Thursday the 30th of January at 10am for 1 hour.

This invitation is open to all patients whatever your age and we can accommodate everyone’s running ability. The only requirement is a pair of trainers!

If you would like to join us, please register by scanning the QR code below or head to runtogether.co.uk to enrol.



Once registered please make sure you e mail us at - bobicb-bw.admin.idaccount@nhs.net so we can confirm your place and send you the exclusive link to book the running sessions. **Do not book your sessions via Run Together.**

Please note there are a limited number of spaces available so register now!

We would love you to join us - so go on, give it a try!

We look forward to seeing you soon