

Clanricarde Medical Group Patients Participation Group Monthly Health Walks 2018

Starting from Rowan Tree Surgery

- Clanricarde Medical Group Patients Participation Group Monthly Health Walks are FREE for patients registered at Rowan Tree Surgery and Clanricarde Medical Practice.
- Come and meet a friendly group of monthly health walkers to enjoy and explore local walks.
- Meet outside Rowan Tree Surgery at 10am on a Friday each month.
- Allow between 1.5 to 2.5 hours for attendance.
- Health walks are local walks, going at an easy pace and are not strenuous.
- Walk leaders Jan/ Tricia / Pat/ Charles/ Sandra/ Graham/ Penny are looking forward to meeting you on the monthly walk programme below.

Please wear sturdy footwear and suitable clothing for the weather.

Clanricarde Medical Group Patients Participation Group Monthly Health Walks Programme for 2018			
Meet outside Rowan Tree Surgery at 10am.			
Date	Day	Walk location	Walk leaders
22 June	Friday	Friezland Woods Walk includes stiles and unsurfaced paths.	Charles and Sandra Reserve: Graham
20 July	Friday	Hargate Forest	Pat and Graham Reserve: Jan
31 August	Friday	Tunbridge Wells Common	Tricia and Jan Reserve: Charles
28 September	Friday	Toad Rock,Rusthall Please email info_rtwalkers@yahoo.com to let the walk leader know your attendance so that transport from Rowan Tree Surgery can be arranged.	Charles and Sandra Reserve: Penny
26 October	Friday	To be confirmed	To be confirmed

If you would like further information about the walks in the above programme please email info_rtwalkers@yahoo.com

Nearest public transport from Clanricarde Medical Practice to Rowan Tree Surgery:

Catch Bus 289 at 9.35am, bus stop on St Johns Road, opposite junction of Culverden Park (near former Arriva bus depot), to arrive at Showfields Library at 9.55am. Short walk to Rowan Tree surgery, adjacent to Number One Café. Meet outside the surgery.