



It's back : Move a little, change a lot!

Hampton Wick Surgery has joined with the Bushy Park 5k Run and Royal College of GPs to encourage our patients to run, jog or walk.

Dr Priya Paul (HWS) says “exercise can boost self-esteem, mood, sleep quality and energy, as well as reducing the risk of stress, depression, dementia and the development of many chronic conditions.”

You can run or walk the 5k (or less)! Bonnie Green, Chair of the Practice’s Patient Participation Group says “I think this is a really good idea. I’m no runner so I’ve walked the 5k along with some of our patients. I really enjoyed it.”

Please join us to exercise, improve your well-being and socialise. The next date is Saturday, 7th May 2022*

Where to meet: The mobile café near the Diana Fountain Car Park Bushy Park at 8.45am for a 9am start.

To register: Contact Reception or send an email to: ppghamptonwicksurgery@gmail.com.

*Future dates are: Saturday, 11th June, Saturday, 2nd July, Saturday, 6th August, Saturday, 3rd September, Saturday, 1st October.