

We are now a Parkrun Practice

Howard House Surgery has become a 'Park Run Practice' as part of an initiative to improve the health and wellbeing of our patients and staff. On Saturday 31 August we invite you to join our staff and fellow patients to walk, jog or run the 5 Km course along the Felixstowe promenade starting at 9 am outside the Felixstowe Leisure Centre. To participate you must register for free at www.parkrun.org.uk/register/ and bring along your printed barcode. It would help us to measure likely participation if you are able to also sign up in practice (we have a Park Run noticeboard in the Waiting Room). If you don't feel able to walk, jog or run you can still get involved by volunteering to help run the event on the day - for more information e-mail felixstowehelpers@parkrun.com. Don't forget that it is a great way to spend more time outside in the summer months while improving your fitness.