



Cygnet Primary  
Care Network

IN PARTNERSHIP WITH:

**ACTIVE**  
COMMUNITIES



Montague Medical Group 51 Fifth avenue, Goole, DN14 6JD

# Community Health Walk

In-collaboration  
with Cygnet PCN in  
aid of National  
Walking Month

**TUESDAY  
26<sup>TH</sup> MAY**

**10:30AM**  
10:15AM MEET IN CAR PARK

*All ages and  
fitness levels are  
welcome*

*children must be accompanied by an adult*



As part of national walking month, we are encouraging everyone to walk, wheel, and move more to boost their physical, mental, and social wellbeing. The walk will start at Montague Medical Practice and head towards West Park café. Stop at West Park café for 20/30 minutes for refreshments, and then head back to Montague Medical Practice to finish. Everyone of all ages are welcome. A free hot drink (cup of tea or standard coffee) or bottle of water will be offered at West Park café. No booking required and any further information, please contact

[jez.hartley@eastriding.gov.uk](mailto:jez.hartley@eastriding.gov.uk)