



The Royal College of General Practitioners are running an initiative to pair up GP Practices with their local Park Run. As part of this initiative, on Saturday 6th July Lancaster Medical Practice hosted the Lancaster Park Run at Williamson Park. The LMP Team volunteered around the course and supported the runners on the day. Some of the team also joined in and ran themselves. The team of GPs, Nurses, Receptionists and Managers enjoyed the volunteering and are looking forward to doing it again in the near future.

The Park Run is a great initiative and the surgery are happy to support it and direct our patients to get involved too – it's a great way to get some exercise and socialise with other local people ... and the location is fantastic!

There is a Run Report written by one of our GPs, Dr Damien Cheema, on the website for more info <https://www.parkrun.org.uk/lancaster/news/>