

# We are a parkrun practice

- ✓ Whether you walk, jog, run, volunteer or spectate, you can learn new skills and boost your health and happiness in the great outdoors.
- ✓ Make new friends, feel a part of your community and improve your wellbeing at parkrun.



Local parkrun details:



parkrun



RACGP

Find out more at [parkrun.com.au](https://parkrun.com.au)