



# Ipswich

## 2026 Schedule

### Christchurch Park

Meet outside the Reg Driver Visitor & Education Centre located by the Bolton Lane entrance IP4 2BX



**2nd or 3rd Tuesday of every month 10-11am**

20th January

10th February

17th March

21st April

19th May

16th June

**16th July (Thursday)**

**No August walk**

15th September

20th October

17th November

15th December

### JOIN US FOR WALK WITH A DOC!

You'll take a few minutes to learn about a current health topic, then spend the rest of the hour enjoying a healthy walk at your own pace and distance. It's a great way to be active, learn about health, and meet new friends. The events are free, open to everyone and are led by local GP, Dr Vasandhara Thoroughgood



<https://walkwithadoc.org/join-a-walk/locations/ipswich-uk/>



[walkwithadocipswich@gmail.com](mailto:walkwithadocipswich@gmail.com)



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