

# monthly updates

4th February 2020

Issue 016

## Welcome!

We can't believe that we're in February already! Where did January go? Everyone in the MEPC team hopes you've had a great start back to work this year.

We've had a busy few weeks with new initiatives coming through to help make working here all the more easy, sustainable and enjoyable.

We'll keep you updated as the months progress.

Remember you can hear the latest news, as it happens, by following us on [Twitter](#), [Facebook](#), [Instagram](#) and [LinkedIn](#).



Published on: 04/02/2020

## Bike 2 Work free breakfasts are back

The popular Bike 2 Work breakfasts are back. Starting this month, on the first Wednesday of every month, if you cycle to work you will receive a FREE breakfast at Café Metro, courtesy of Milton Park. Please hurry though, as time is running out to register for Wednesday 5th February's Bike 2 Work breakfast...



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## Walking meetings are great! We reveal our best walks

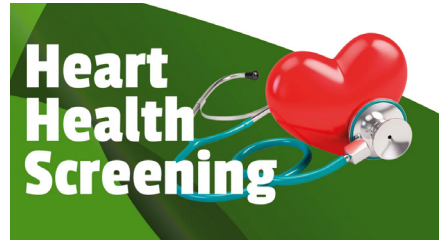
If you're looking to switch to walking meetings, get some fresh air in your lunch break, or reach your target steps per day, we have lots of handy tips to make walking a breeze at Milton Park.



## Welcome to new occupier Joshua Thomas Finance



## Find out about the overflow car park traffic flow improvements



## Book your new heart health screening for £20



## New shuttle bus timetable starting soon - extra 06:55 service added



## Milton Park welcomes new marketing manager and estate manager



## Hello new Boot Camp class! Bookings open for next six week block

Keep up to date on all our upcoming news and events by visiting: [miltonpark.co.uk/news](http://miltonpark.co.uk/news)

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