



Join us for
a run.

HLB RUNNERS & DW FITNESS FIRST

Saturday 25th April at 8am till 8pm

Charity Treadmill-a-Thon

DW Fitness First Bedford

£5.00 Donation

Come and join us for a run on the treadmill, run for a minimum of 30mins and make a £5.00 donation. Receive a Treadmill-a-thon medal for taking part! All monies raised will go to Access Bedford and the Motor Neurone Disease Association (MNDA).

Register to join the fun:

<https://groups.runtogether.co.uk/HLBRunners/Runs>

