



# Join our Daily Mile

No special clothing required, just something suitable for the weather and comfortable footwear.

On:

Time:

We are meeting at:



For more information or any questions you may have, please contact:



[www.thedailymilefitforlife.com](http://www.thedailymilefitforlife.com) • #FitForLife

Developed by GreaterSport, Greater Manchester 2021