Free Training Program for HFHC Patients

Run For Your Life 5k is a run/walk event held on October 28th, benefiting the Holland Free Health Clinic. By signing up for our new 8-week training program, you will receive a free entry into the race. There are two training programs; beginner and experienced. With our help... it won't be so scary!!!

Not only will you receive a free entry, participants will receive training information, support, milestone rewards, race day 'celebrity' status and a finisher medal!

Now is the time to take control of your health!

Walking/running is great for those with diabetes, losing weight, improving heart health and good for mental health.

Call (616) 392-3610 ext 204 to set up your registration appointment today.

You will receive one on one coaching advice, a training log and a pedometer. If shoes are needed, measurements will be taken.

Holland Free Health Clinic | hfhclinic.org | mail@hfhclinic.org