



WEDNESDAY, JAN. 31, 2018 RUNNING SEMINAR

Make 2018 your best year ever!

Talking points to include: Making the most out of every run, set and safely achieve your running goals, more endurance, improve speed, how to PR, plus Q & A with Jack.

Cost: Goodwill offering - In lieu of a speaking fee, all monies collected will be donated to Jack's Leukemia and Lymphoma Society fundraising page

<http://pages.teamintraining.org/epa/yourway18/jheely>



YES I CAN

Support and encouragement for every step of your journey"
www.hclconline.org

**START TIME
6:30 P.M.**

**SPEAKER
JACK HEELY**

**RRCA-CERTIFIED
COACH WITH GREAT
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(COACHING &
CONSULTING FOR
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HCLC Fitness Ministry

Barbara Tonzini