



BE WELL: RUN WELL

Hosted by: Signature Eye Care

Come join us for an eight week series focused on training for the 5K or 10K distance of the River Bank Run. This weekly one hour class will meet for 8 weeks beginning March 21st at 6:30pm and will include a self-pace run or walk on the White Pine Trail followed by a group workout focused on building strength and improving flexibility! A 5K or 10K training program will be included for the distance of your choice. The group is led by Stacy Tarrh, DPT who is a licensed physical therapist and certified holistic health coach. Stacy creates a fun environment that is welcoming to both the beginner and experienced participant. Space is limited, so call Signature Eye Care at (616)228-4790 or e-mail Stacy at stacy@stacytarrh.com to reserve your spot!

Signature 
EYE CARE

Stacy  Tarrh
INSPIRING YOUR JOURNEY TOWARD BETTER HEALTH

**Begins March 21,
2017**

8 Week Series

**Tuesdays 6:30-
7:30pm**

Cost: \$65

**Walkers and
Runners Welcome!**

SIGNATURE EYE CARE

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March 21-May 9
6:30-7:30 pm