



Kids Joining Eternity's 5K Fitness Plan

Kids Joining Eternity is proud to partner with Key Health Institute to offer a pre-programmed fitness plan designed to get you in shape to run a 5K. This will be offered FREE of charge to moms and dads who have suffered the death of a child. Other family members and friends can also participate to support them at their own expense.

Kids Joining Eternity is a local 501(c)(3) nonprofit formed with the intent to help parents, siblings, family members, friends and caregivers come to terms with the loss of a child whether it be through miscarriage, stillborn loss, sudden infant death, and/or chronic childhood illness.

To get started call (405) 802-5739 or email melanie@kidsjoiningeternity.org
www.facebook.com/kidsjoiningeternity