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Fund a Life's Heart of Hope 5k Casting Hope into the Community

Brighton, Michigan: Fund a Life's 5th Annual Heart of Hope 5k & Flow event presented by Trusted Heating & Cooling Solutions & The Space is coming up on Saturday, July 17th at 8:00 am at Brighton High School.

This major fundraising event for local nonprofit, Fund a Life, is back in person this year after going virtual for the first-time last year. The event features a unique combination and options of a 5k Run, 1 Mile Walk, and/or Yoga that participants can take part in. Local yoga studio, The Space, is this year's Yoga partner for the event which will feature guided yoga for the entire event following the 5k run and 1 mile walk, as well as offering a yoga option for anyone not participating in the run or walk portion of the event.

A major draw for the event is the opportunity to not only celebrate the lives of people Fund a Life has previously impacted as some will be in attendance, but this year the event is partnering with local 7-year-old girl, Tiffany "Cupcake" Henry who has recently overcome a heart transplant in addition to her 7 short years of major health ailments she has continually overcome. Tiffany's family and supporters will attend the event to share some of Tiffany's story, and the event will use a portion of the funds raised to directly help this family while the remainder will help support other families facing major life-altering circumstances across Livingston County and the state of Michigan.

To register for The Heart of Hope 5k & Flow, please visit <https://runsignup.com/heartofhope5kandflow> or www.fundalife.org.

For any questions or more information, please contact Mark Howell of Fund a Life at mhowell@fundalife.org or 810.923.3757.

About Fund a Life:

Fund a Life NFP is a registered 501(c)(3) non-profit based out of Brighton, MI with a mission to help individuals and families overcome emotional and financial obstacles caused by major life-altering circumstances of all kinds. This broad mission enables our team to fulfill a wide array of needs that people encounter during crisis times in their lives by providing them with grant opportunities awarded directly to them to help shine light in their darkest moments.