

Heather Vogel: Running for Hope at 70!

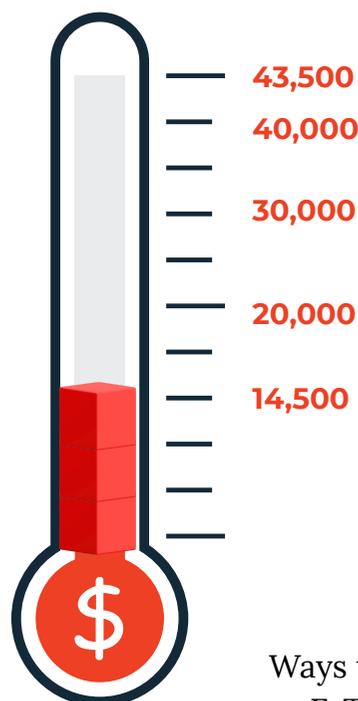
Training Through the Heat



Hot, hard, humid...but Heather is out there, staying committed! Even while on holidays she is dedicated to her training for her milestone 10K run in support of Shalom Counselling.

Every step she takes is a step toward hope, healing, and a stronger future for our community.

HOW CAN YOU HELP



- **Donate to help meet the goal.**
- **Share this post to spread the word.**
- **Join her on this run**
 - sign up today by calling 403-342-0339
- **Cheer her on as she runs**

Ways to donate: By cheque or credit card - call 403-342-0339 or E-Transfer: capitalcampaign@shalomcounselling.com



August 11, 2026



Shalom Counselling Centre



6:30 AM