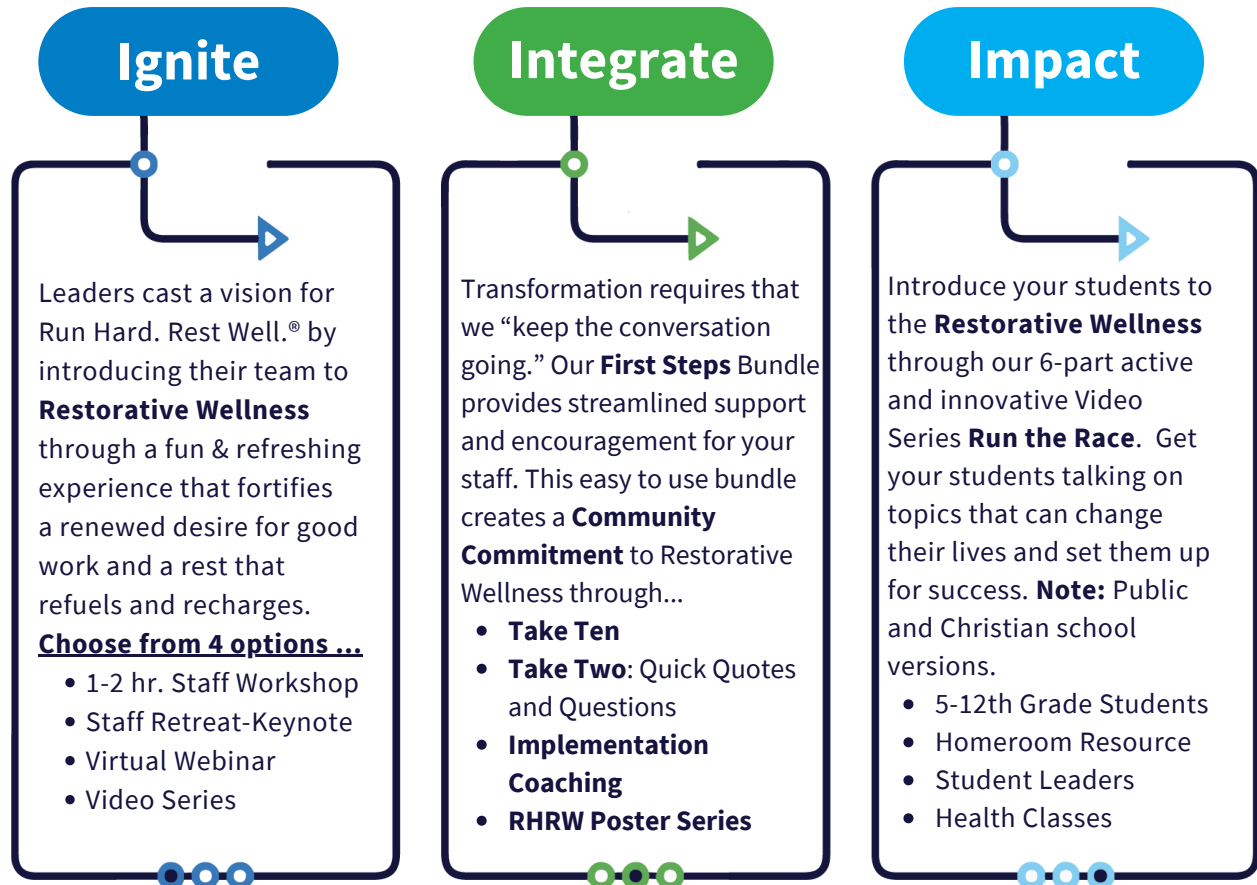




Run Hard. Rest Well.®

Run Hard. Rest Well. partners with **Teachers** and **Administrators** to set a pace and ignite a passion for teachers & students to thrive for a life-time of good work and vibrant well-being.



Restorative Wellness

Disrupts the Status Quo

dismantling our culture's inclination to normalize and perpetuate overload and exhaustion

Offers a Wellness Paradigm

that provides a new perspective on rest which refreshes and recharges, guilt-free

Heightens Self-Awareness

of our good, bad, and ugly. It offers help and hope to people who are winded, worn, and wounded

Positions People

to be change agents in their own lives and in the lives of those they love, lead, and serve

**Caught the Vision?
Contact Us!**



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