



STAY FIT AND HEALTHY WITH RUN/WALK FOR LIFE

MEDICLINIC baby

HAS PARTNERED WITH RUN/WALK FOR LIFE TO OFFER MEMBERS DISCOUNTED RATES WHEN JOINING THIS FITNESS CLUB WITH BRANCHES ACROSS THE COUNTRY.

MOVING TOWARDS YOUR BEST HEALTH

Run/Walk For Life offers expectant and new mothers safe, customised exercise sessions tailored to their unique needs and circumstances, with the added benefit that the programme has been medically and scientifically endorsed for pregnant women.

Mediclinic Baby members interested in joining the programme simply need to present themselves at a Run/Walk For Life branch with confirmation of Mediclinic Baby membership.

EXPERTISE YOU CAN TRUST.

www.mediclinic.co.za



Cost of joining the programme for Mediclinic Baby members (effective from 1 March 2024)

- R210 once-off membership fee (receive a member safety bib)
- R230 per month thereafter (includes a **FREE** eatForLife membership)

For more information or to locate your nearest Run/Walk For Life branch, please visit www.runwalkforlife.com or call 0861 00 55 66.

