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Love Shouldn't Hurt- Join the Running for Jenny team today!

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We all know a woman who is experiencing domestic abuse—a relative, a friend, a colleague, or a neighbor. Domestic abuse has no boundaries and its consequences are devastating. Three women are murdered every day by a current or former male partner in the United States. Domestic abuse is an epidemic and its cycle needs to be broken.

This is why we come together every year as the Running For Jenny team; to walk and run in the Fifth Third River Bank Run and call attention to this very complex issue in our communities. We firmly believe that no one should have to live in fear of abuse. We know we cannot stop the cycle of abuse by ourselves. We need your help!

By joining the Running for Jenny movement, you can run or walk with us as we partner with the Fifth Third River Bank Run to share Jenny's story and raise funds to support Safe Haven's mission to end domestic violence.

Jennifer (Jenny) Heeren, a 29-year old Grand Rapids resident, lost her life to domestic abuse on July 7, 2011. As a result of supporting the Heeren family following this tragic event, Safe Haven Ministries pledged to honor the memory of Jenny and run in solidarity for the many others who have run, are running and will run for their lives from domestic violence.

Anyone can join the Running For Jenny team. To register for both Running For Jenny and the Fifth Third River Bank Run, simply visit the Running For Jenny website at www.runningforjenny.org. Donations can be made directly to Safe Haven at www.safehavenministries.org, and you can also start your own fundraising page to support this wonderful cause. Register and order your t-shirt today!

Safe Haven Ministries is a holistic domestic violence agency. Our mission is to end domestic abuse. Since 1990, Safe Haven has been helping women and children find freedom from domestic violence.