

How My Health Club Helped Me Live When My Father Died



Loyal GHFC Member Since 1993

“Late in the fall of 1997 my father became ill with a terminal lung disease. As his hospital stays became longer, my time became more consumed with the maintenance of his affairs and property. As a result, my weight, blood pressure, and general health declined into unhealthy levels. My father often wondered whether I would die before him. His concern and my depression caused me to join the Gainesville Health & Fitness Center. My visits to the club were always followed by a visit with my dad. As I made progress, I would feel him with me. It was like we were making progress together. I was developing the mental & physical strength I would need to carry on after his death. My dad died in August, 2000. That night I went to the club and closed my eyes and felt his strength. The club has given me the strength to go on.”



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