

Registration is open!



Free Clinic of Powhatan's

GOOD MEDICINE 5K & ONE-MILE FUN WALK

September 27, 2025

Local businesses, volunteers, and community members are encouraged to get involved early. We invite runners, walkers, and families to celebrate movement as medicine with FCP.

Don't forget to join us for our post-race Fresh Start Fair! Farmer's market feel with booths, demos and hands-on ways to learn about health and wellness.



Sponsorship opportunities available!
Contact sdonald@freeclinicofpowhatan.org

www.freeclinicofpowhatan.org | 804-598-5637



**Free Clinic
OF POWHATAN**

Building a healthier community, one person at a time.
2320 Skaggs Rd.
Powhatan, Virginia 23139



Donate Today!
Scan the QR code to
support local care.

FOLD



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OF POWHATAN**

Building a healthier community, one person at a time.

*Where Care Becomes
a Lifeline*

**SUMMER 2025 UPDATE FROM THE ONLY FREE CLINIC SERVING
POWHATAN, CHESTERFIELD, CUMBERLAND & AMELIA CO.**



Free Clinic of Powhatan's

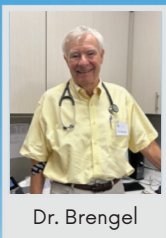
**GOOD MEDICINE 5K
& ONE-MILE FUN WALK**

New Faces at FCP

Abby, our new nurse practitioner, joined in April and hit the ground running—caring for patients, supporting our team, and advancing key projects.



Dr. Greer



Dr. Brengel


We're excited to welcome two experienced volunteer doctors whose passion for service is already making a difference for patients in need.

Current Needs


- ☐ Safety Goggles
- ☐ Back braces
- ☐ Reading Glasses (various strengths)

Thanks to community support, see the impact from Jan. - June

 **528** Healing Visits

 **106** Food Bags Provided

 **620** Dental Care Visits

 **142** Counseling Visits

We've Saved:

\$72,726

in health costs because of volunteers donating their skills and time.

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"A healthy man wants a thousand things, a sick man only wants one." - Confucius



Our staff received a Naloxone (Narcan) training from Goochland Powhatan Community Services this summer.

What's Ahead?

- **September 27 - Meet us at the Clinic for...**

Free Clinic of Powhatan's
GOOD MEDICINE 5K
& ONE-MILE FUN WALK

Register or sponsor now!



- **Oct. 28 - Coffee at the Clinic**

Join us in-person to see how we serve our neighbors. Open house tours from 8:00 am - 10:00 am.

It Starts with Listening

At the Free Clinic of Powhatan, healing starts with something simple: listening.

Francis came in for dentures and left with more—support from our dietitian, behavioral health counselor, and food assistance. Andy received glasses, a hearing aid, and dental care, all because a case manager took time to understand his life.

"When they sit down with me," a case manager shared, "they burst into tears. Someone is finally listening."

Neighbors supporting neighbors makes this kind of care possible.