

Free Running Workshop

Biomechanics of the Running Stride

What You Need to Know to Prevent Injury, Improve Technique, and Enhanced Your Running Performance

Topics to be covered:

- The role of biomechanics in running injuries and performance enhancement
- Review of optimal running mechanics
- How to identify the causes of common stride faults
- How to develop and maintain proper running mechanics

When & Where

Saturday, June 12

9 - 11 am

Kinetesis Sports Injury & Performance Clinic

1600 Bedford Hwy., Suite 303

Bedford, NS



This workshop is FREE, but space may be limited. We ask that as a courtesy you call our office to sign-up to ensure there are enough workshop packets for everyone who attends.

**To Sign-Up call the Kinetesis Sports Injury &
Performance Clinic**

407-7207