



TAKE STEPS TOWARD A BETTER YOU

Injury Prevention and Stability Techniques for **Runners & Walkers**

Don't get sidelined by IT band syndrome, shin splints, heel pain or other common vexing conditions typically experienced by runners and walkers!

Join us for an educational and interactive session where you'll learn more about these common running and walking injuries, as well as proven prevention techniques to avoid pain and injury. Improve your range of motion and add simple stability exercises to your routine to keep running and walking pain free.

DATE/TIME

**January 29th 2020
12:00PM to 1:00pm**

LOCATION

**City Hall
Community Room**

RSVP INFO.

**Please RSVP with Human
Resources by end of day
January 28th**



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