

FREE
Injury Prevention
Seminar for
Runners

March 14, 2020
at 1:30pm



- Learn the 3 things you should be doing to stay healthy this racing season!
- The worst exercises runners do
- Get tips from a professional running coach
- Everyone attending will be entered into a raffle for a **FREE 10 minute** stretching session by one of our Certified Personal Trainers!

Presented by

Dr Sara Warren PT DPT

Held at **Performance Physical Therapy**
720 Yorklyn Road • Suite 150 • Hockessin, DE 19707

For more information or to RSVP please call us at **(302) 234-2288**