



RUNNER WORKSHOP!

STRENGTH TRAINING & INJURY PREVENTION

Presented by Dr. Jay Salerno, PT, DPT, CSCS



**SALERNO SPORTS
THERAPY**

When: Wednesday November 15th, 6pm

Where: Strictly Running on Devine Street

What: 45 minute educational and active workshop teaching some great ways to help prevent injury and improve running performance. Come ready to move!

Cost: \$10

Sign up: Strictly Running's website / event calendar!