

# RUNNING SEMINAR

*With Dr. Brandon Young  
PT, DPT, CSCS*



Join-us in attending our **FREE** running seminar hosted by Carolina Physical Therapy and Strictly Running where you'll learn strategies to help improve your performance and prevent injury!

Leading this expert-level seminar is Carolina Physical Therapy's running specialist and Doctor of Physical Therapy, **Dr. Brandon Young!!**

**TUESDAY, SEPTEMBER 10TH  
6:00PM @ STRICTLY RUNNING**

## RECREATIONAL RUNNING: 5 THINGS TO IMPROVE PERFORMANCE AND PREVENT INJURY

1. **PROPER TRAINING PACE**
2. **NUTRITION AND HYDRATION**
3. **RECOVERY**
4. **RUNNING SHOES**
5. **STRENGTH TRAINING**

 **Carolina Physical Therapy**  
and Sports Medicine

**Strictly  
RUNNING**  
COLUMBIA, SOUTH CAROLINA



[carolina-pt.com](http://carolina-pt.com)



[strictlyrunning.com](http://strictlyrunning.com)