

CALLING RUNNERS OF ALL AGES & LEVELS



**DON'T LET
PAIN KEEP
YOU FROM
YOUR NEXT
GREAT RUN!**

Join us for a free community seminar on running injury prevention!

Injury Prevention For the Runner

Tuesday, February 3, 2015

6:30 p.m. - 7:30 p.m.

IRG-Gateway Physical Therapy

4220 132nd Street SE, Suite 101

Mill Creek, WA 98012

This FREE community health seminar will offer you the

opportunity to hear from and meet local experts to learn proper stretching techniques, how to prevent injury,

important recovery modalities, and how to select the proper running footwear from Run26.



INTEGRATED REHABILITATION GROUP
Physical and Hand Therapy Services
WWW.IRGPT.COM

For more information visit irgpt.com or contact us at 425.686.7655.

Space is limited, RSVP to 425.686.7655 or jana.zitnik@irgpt.com.

First 10 to register receive a free gift!