

Craven SPORT services

Presents:

Running Clinic for Saskatoon's Recreational Runners, Joggers, Athletes, Trainers and Health Professionals

Presented by Blaise Dubois BSc PT, RCAMT Consultant for Athletics Canada and leading expert in running injuries from Quebec, Canada

Planning workouts, biomechanics, flexibility, plantar orthoses and shoes: scientific evidence and many tips in preventing injuries ... and running faster!

For more information and to register on line please visit the web-site at

www.therunningclinic.ca

Space is limited register online today!

Register @ www.therunningclinic.ca

\$20.00 in advance or \$40.00 at the door space permitting

Date: Thursday Sept 23rd 2010

Time: 7:00pm-9:00pm

**Location: Hilton Garden Inn Saskatoon Downtown
#90- 22nd St. E Saskatoon, Sask (Across from the Bay)**



**CRAVEN
SPORT
SERVICES**

- *Sport Physiotherapy*
- *Orthopaedic Rehabilitation*
- *Training*

cravensportservices.ca

“Exercise is our Medicine”