



Stay on the road.

Running Clinic

Saturday, April 18, 2009

Sports & More Physical Therapy

8300 Health Park, Suite 127

Raleigh, NC 27615

10 am to 12 pm

Free admission

Clinic will feature:

Dr. William Silver, MD of Triangle Orthopaedic Associates

- Overview of common running injuries

The Athlete's Foot, Cameron Village

- Shoe fitting to determine the best running shoe for you

Sports & More Physical Therapy

- Breakout sessions with **active participation & individual screenings**

- ▶ Gait & running mechanics
- ▶ Flexibility
- ▶ Lower extremity functional strength

Our goal is to empower you to succeed in your personal running endeavors.

RSVP to jenniferhoray@sportsandmorept.com by April 10, 2009 as space is limited.

All ages and abilities welcome.