



ProAction Pointers

On All Things Running

No Pain—Much To Gain!



We will discuss:

- o How to improve your running form and efficiency
- o What is the right shoe for you
- o Signs of injury and what to do
- o Foundational exercises for runners

Wear comfortable clothes-will involve some participation!

Bring Questions!

\$10 Fee

Thursday, June 14th

Time: 6 –7 pm

For Information and to sign up: Call 301-881-2273

ProAction Physical Therapy
11820 Parklawn Drive, Ste 120
Rockville, MD 20852