



SEP 18 RUN WELL EAT WELL

A Workshop for Runners

Join Physiotherapist & Ultra Runner Kim Sénéchal and Registered Dietitian Janelle Vincent as they discuss running mechanics & form, injury prevention, and nutrition for peak performance. Bring your questions for this fun and informative evening!



TUES, SEP 18

6:30-8:00 PM

FOR ANYONE IN A
RUNNING SPORT!

\$15/PERSON
SPACE IS LIMITED

REGISTER AT
WWW.EVENTBRITE.CA
IN PERSON OR BY
PHONE AT PAN AM
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