



LEARN & RUN WORKSHOP

Improve your running performance and injury prevention by learning how to incorporate walking into your running regimen.

Then implement what you learned on a 30 minute run after the event.

**516 3RD STREET, SUITE 100
DOWNTOWN DES MOINES
JULY 18 AT 6:00 PM**

REGISTRATION IS FREE

Email Info@KineticEdgePT.com or call 515-309-4706 to save your seat.

Presented by Kinetic Edge's Physical Therapist Todd Schemper and The Body Project's Tim Ives.

