



Running Clinic

Train better, prevent injury, run faster

When: Sunday February 18th
1-3pm

Cost: nonperishable food
donation for the food pantry

Where: Absolute Performance
Therapy. 225 E. Hickman Rd.,
Waukee, Iowa

RSVP required

Phone: 515-987-6267

Fax: 515-987-6269

Email: alyssa@

absoluteperformancetherapy.com

Absolute Performance Therapy

225 East Hickman, Waukee Iowa 50263

Absolute Performance Therapy is hosting a running clinic that will cover:

- injury prevention, diagnosis, and management
- biomechanics of running and how to improve form
- improving breath control
- training principles... how to get more out of doing less
- choosing the right shoe and why it matters

www.absoluteperformancetherapy.com