



RUNNING CLINIC

MONDAY JULY 21st, 2014

7:00PM

PASQUIA REGIONAL PARK

- THIS IS AN INFORMATION NIGHT AND GROUP RUN FOR ANYONE INTERESTED IN LEARNING ABOUT RUNNING, GETTING STARTED OR IMPROVING UPON RUNNING!
- THE EVENING WILL INCLUDE AN INFORMATION SESSION WITH GUEST SPEAKERS AND A RUN THROUGH PASQUIA PARK SO BRING YOUR RUNNERS AND SOME WATER!
- THIS CLINIC IS FOR **ALL LEVELS**: BEGINNERS, NOVICE AND EXPERIENCED RUNNERS ALIKE. A GREAT WAY TO PREPARE FOR TRI-UNITY CHALLENGE!
- PLAN TO ATTEND THIS **FREE SESSION** BROUGHT TO YOU BY CARROT RIVER/ARBORFIELD/ZENNON PARK PRIMARY HEALTH CARE PROVIDER TEAM
- CONTACT CARLA AT 305-500-2400 OR CARLACHICOINE@GMAIL.COM FOR MORE INFORMATION