

RUN HEALTHY RUN INJURY FREE

WHEN

**February 13th, 2016
3:30pm - 6:30pm**

WHERE

**Willow Health &
Wellness Center**

3090 Belgium Road (Rt. 31) Baldwinsville, NY 13027

FEATURED PRESENTERS

- **Victory Sports Medicine & Orthopedics**
- **Susan Giegold PT, DPT and MELT Method Instructor**
- **Karl Sterling, EBFA Master Instructor**
- **Yoga For Runners•**

WWW.WILLOWHWC.COM

OPEN TO THE PUBLIC-FREE

WHAT IS SUBCHONDRIPLASTY?

3:30-4:15 PM

New innovative surgical procedures to help athletes and runners stay in the game

EBFA- EVIDENCE BASED FITNESS ACADEMY

4:15-5:00 PM

Prep the body for movement by tapping into the nervous system with bare-foot science, foot-to-core sequencing, and reflexive stability via fascial lines.

MELT METHOD

5:00-5:45 PM

A simple self-treatment technique that directly affects the parts of your body commonly stressed during running: your connective tissue. Get more out of your runs, reduce damage to your body and the risk of injury, and speed your recovery time.

YOGA FOR RUNNERS

5:45-6:30 PM

Stretching and breath work for runners to improve function and form.