



**COME AND LEARN
THE BASICS OF
THE CORRECT
RUNNING
TECHNIQUE TO
RUN FOR MAXIMUM
EFFICIENCY – RUN
FASTER AND
LONGER. HELP
PREVENT
INJURIES.**

**Back in Motion
Physiotherapy
Mitcham**

**Running
Technique
Session**

6:00pm to 6:30pm

Tuesday 23rd Feb

**Mahoneys
Reserve – Bob
Saker Oval**

**Back in Motion
Mitcham are one
of our long term
sponsors**

