

SMC EDGE RUNNING CLINIC

INCLUDES:

- **Demonstration and discussion of proper running mechanics**
- **Injury prevention strategies**
- **Selecting proper footwear**
- **Gait analysis**

INSTRUCTORS

Nick Breunig- DPT, PT, CSCS

Dylan McGill -CPT

Ann Ringlein– Owner of Lincoln Running Co.; Collegiate cross country coach

Rachel Hall– ATC, AT/L

Check Us Out!

Follow us on Twitter: [@theEDGE_SMC](https://twitter.com/theEDGE_SMC)

Like us on Facebook: <https://www.facebook.com/TheEdgeatSMC/>

Go to our website: <http://saundersmedicalcenter.com/therapy/>

**FREE FOR ALL
AGES AND
SKILL LEVELS!**

When

September 13, 2017

7:00-8:30 PM

Where

Saunders Medical Center

Hansen A & B

Registration

- **On our website**
- **Send us a message on our Facebook page**

Register before September 6, and be entered into a raffle for a \$50 gift card to the Lincoln Running Co.

Questions?

Call us at 402-443-1426

Email: dmcgill@smcne.com

