

Intro to ChiRunning

with Eric Collard



An interactive workshop
where you learn the
concepts to relax and be
efficient on the run so you
can aspire to achieve an
injury-free running future

**Sunday, January 29
1-5pm**

**Recreation Complex
CFB Petawawa**

Cost: \$125 tax included

For more information
or to register:
Victoria Cleary

**vcathletictherapy@gmail.com
613-312-2224**



Eric Collard
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Come and learn to enjoy running again!