

Intro to ChiRunning with Eric Collard

Come and learn to enjoy running again!



Saturday, June 18 • 1-5pm



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

**Vernon Secondary School
2303 - 18th Street, Vernon, BC**

Cost: \$75 tax included

For more info:

**Eric Collard, Certified ChiRunning Instructor
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