

Intro to ChiRunning with Eric Collard

Come and learn to enjoy running again!



Saturday, September 17 • 12-4pm

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

Miller Point Peace Park

13941 Highway #3

Bridgewater, NS

\$125 (taxes included)

For more info or to register:

Eric Collard, Certified ChiRunning Instructor
info@ecinc.ca • www.ecinc.ca • 613-878-0180

