

# Intro to ChiRunning with Eric Collard

Come and learn to enjoy running again!



**Sunday, September 18 • 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

**Point Pleasant Park**  
**(5718 Point Pleasant Drive)**  
**Halifax, NS**  
**\$125** (taxes included)

**For more info or to register:**

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