

ChiRunning

with Eric Collard



Eric Collard
Certified ChiRunning Instructor
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Wednesday, May 30

**6:30pm - Registration for
Running Miles**

**7pm - Talk: 5 ways to help you
run injury free**

- FREE!



RUNNINGMILES
RUNNING AND WALKING CLINIC

Saturday, June 2 1-5pm

**Intro to ChiRunning
Workshop**

\$100

For more information or to register:

Eric Collard info@ecinc.ca

Dr. Todd Small miles26.2@gmail.com

Both sessions will be held at:

WFCU Centre, The Superior Room • 8787 McHugh Street • Windsor, ON

Come and learn to enjoy running again!