

ChiRunning with Eric Collard

Come and learn to enjoy running again!

GEARHEADS.ca

and



Present

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

**Thursday, August 25
7-8pm**

**GearHeads Bikes
3025 Petawawa Boulevard**

\$10

*Register with GearHeads or
VC Athletic Therapy*



Eric Collard • Certified ChiRunning Instructor

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