

Intro to ChiRunning

with Eric Collard



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An interactive
workshop where you
learn to be aware
while you run so you
can enjoy running like
you did as a kid!

Sunday, January 20
1-5pm

St. Denis Centre at the
University of Windsor
2555 College Avenue

Cost: \$125 tax included

Sign up at ecinc.ca

Come and learn to enjoy running again!