

A FREE Educational Seminar

Prevention & Treatment of Running Injuries

Presented By:

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DOCTOR OF PODIATRIC MEDICINE

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ORTHOPAEDIC SPECIALIST

Find out the latest on distance running and the avoidance of overuse injuries. The seminar will also cover types of injuries, such as shin splints, plantar faciitis, Achilles tendonitis, stress fractures, as well as knee injuries. Also discussed will be training errors and factors leading to injuries such as shoes, surfaces, etc.

- **Ask the experts any questions you may have!**
- **Free snacks, drinks, giveaway gifts and raffle gifts!**

SATURDAY, MARCH 13, 2010

11:30 AM TO 1:30 PM

Location: **Lakeview Community Center**
20 Lake Road
Irvine, Ca

Please RSVP To: dpresc6529@aol.com OR CALL 949.350.6871 FOR ANY QUESTIONS

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