

HEALTHY RUNNING



DR. MICHAEL HUSON, PT, DPT, OCS
Monday June 10
6pm – 7pm

WHERE

Sports PT of NY

803 Ridge Road Webster, NY 14580
0202

CALL: 585-347-

RUN HEALTHY ROC
DON'T JUST RUN...RUN HEALTHY



www.runhealthyroc.com

WORKSHOP FOR ALL AGES

WHAT YOU WILL LEARN:

- COMMON RUNNING INJURIES
- BENEFITS OF RUNNING
- MYTHS ABOUT RUNNING
- WAYS TO RUN HEALTHY
- HOW PT CAN HELP!

 **SportsPT**
CARE IN MOTION

www.sptny.com