

FREE HEALTH LECTURE

Best ways to prevent and treat running injuries

It's very common for runners to experience aches and pains. Years of running can result in wear and tear that can limit your ability to continue running.

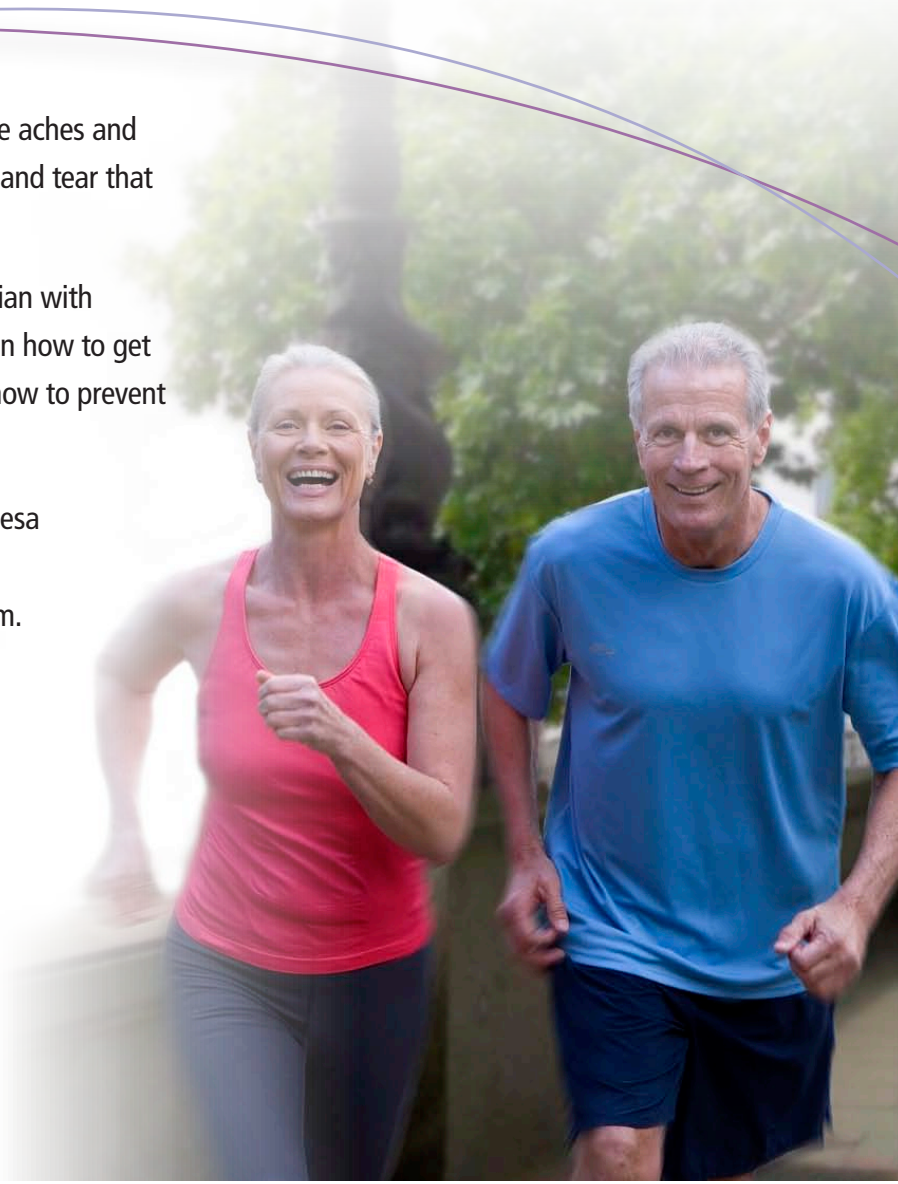
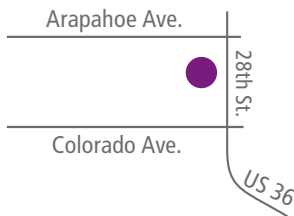
Come hear a board-certified family physician with special expertise in sports medicine explain how to get relief from common running injuries and how to prevent them from happening.

Speaker Jason Cannell, DO, with Table Mesa Family Medicine

When Monday, June 11, from 7 to 8 p.m.

Where Millennium Harvest House
1345 28th St., Boulder

RSVP **Reservations required**
Call 303-441-0580 or
visit bchlectures.org/running



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