

Suburbia Shopping Center
38 Glocker Way
Pottstown, PA 19465



610-327-4843
www.runccrs.com

CCRS-Pottstown Winter Clinics

Join us for an evening filled with great and useful information on a variety of running topics. Clinics will be held here at the Pottstown CCRS from 7:00-8:30P. Light refreshments will be provided plus a chance to win door prizes.

If you are interested in attending, shoot us an email at donccrs2@aol.com, or call the store at 610-327-4843 to reserve your spot, as space is limited. Please let us know which clinics you will attend! All Clinics are Free !!

Clinic Schedule:

January 21: Sports Nutrition for Runners. Guest Speaker, Fred Sylvester, New Hanover Chiropractic and Health Care Center. Runner and Ironman Competitor.

February 11: Most Common Running Injuries and How to Prevent Them. Guest Speaker, Christine Osman, Apex Physical Therapy.

February 25: Most Common Foot and Ankle Injuries and How to Prevent and Treat Them. Guest Speaker: Scott Samuelson, Foot and Ankle Health Group.

March 11: Benefits of Massage for Runners(and everyone) Plus! Prevalence and Consequences of Excessive Pronation. Guest Speakers: Jim Delgado, Owner of Body Metrix, Inc. and Dr. Karen Hahn, Chiropractor. New Hanover Chiropractic.

