



Fit To Win Presents:

Healthy Running

1-Day Seminar
with Lt. Col. Mark Cucuzzella, MD

Topics:

- Running Injuries
- Running Biomechanics
- Running Shoes
- Sports Nutrition
- Running Drills
- Hands-On Participation

Registration Required

Date: August 24, 2015

Time: 0800-1600

Location: Room B2, Pentagon Library & Conference Center



For questions or to register, please call
Fit To Win @ 703-692-8898 –Limited Capacity