

The Running Company Partnering with Evolution to Wellbeing Presents

Foot & Gait Running Workshop

When: Thursday the 28th of July at 7pm

Where: The Running Company – Potts Point [Shop 16 24-30 Springfield Avenue Potts Point, above Harris Farm]

What: Video Running Analysis to help improve running technique and avoid injury. The Running company will help to provide feedback on which shoe is best for you!

Who: Evolution to Wellbeing members who are looking to move more effectively and efficiently with running events around the corner (City2surf, Blackmores) it's a great time to get practical advice on your functional movement patterns

Cost: \$0 – ITS FREE

Promotions: 1/10% of all footwear and apparel for EVO members!

2/Podiatrist will be in attendance to talk about mechanics and footwear,
3/ Icebreaker giveaways with purchases and icebreaker deals for the Sydney winter!

