



MOVE TRU AT LANGFORD

Join us for a Free Workshop for Runners: Cross Training for Injury Prevention



Tuesday, July 17th
6 pm - 7:30 pm

MoveTru at Langford
Langford Sports &
Physical Therapy

425 Washington St NE
Albuquerque, 8108

We are so grateful to have **Magdalena Donahue**, Brooks Running coach and elite marathoner, as our main presenter. Magdalena will talk about safe training progressions for runners, and will be available for questions about all things running. Our **MovNat** trainers and physical therapists at **Langford Sports & Physical Therapy** will also give a presentation on safe and effective cross training for runners. We will practice some of the movements we use in our classes for runners, and we will have time for a question and answer session at the end of the presentation.

Space is limited, register today!

Register Online at

www.movetruabq.com/events-page

Call to Register: (505) 266 3655

Email to Register: info@movetruabq.com





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