

# Attention Runners:

- Are Aches and Pains Slowing down your training?
- Have you not been able to run due to an injury?
- Would you like to become a more efficient runner?

## This Workshop Can Help!

### Offering FREE Sports/Injury Screens:

By Dr. Rosemarie Boehm- a local non-op Sports Medicine Physician with the Center for Pediatrics, Adolescent and Adult Medicine

AND

### Functional Movement Screens

Performed by:

Meryl Goldstein, PT, MPT and Lisa Fowler, PTA

Date:

Tuesday  
February 9th

Time:

6:00 -  
8:00pm

Place:

Cherry Hill Health  
& Racquet Club  
1820 Old Cuthbert  
Cherry Hill, NJ

excel

› physical therapy  
and fitness

Call 856-428-4030 for more info!

[www.excelphysicaltherapy.com](http://www.excelphysicaltherapy.com)