

*Would you like to improve your
Running Technique?*

Our \$20 screening can help.



**ST LAWRENCE
HEALTH**

An Affiliate of
Rochester Regional Health

**Canton-Potsdam Hospital's
Department of Physical Rehabilitation
is hosting a **Running Clinic****

Sunday, April 30, 2023

7:00am - until all are accommodated

**Helen Snell Cheel Medical Campus
49 Lawrence Avenue, Potsdam**

The Running Clinic includes video analysis of your running form with the goal of:

- Preventing injuries
- Decreasing repetitive strain on joints
- Running faster
- Keeping runners doing what they enjoy

Each participant will be videotaped while running. Videos will be reviewed with runners, and recommendations will be made for follow-up as needed.

**Schedule an appointment by calling
Physical Rehabilitation Department Supervisor Laurie White, PTA
or Tracy French, PT at
315-261-5460**