



United
Wellness & Sports Rehab



Ask An Olympian Running Seminar Saturday, March 25, 2017 8am to 10am

Get advice from an Olympic athlete himself, Moise Joseph. Whether getting off the couch, starting your first 5k, or ramping any distances up to a marathon. Get free advice with training, nutrition, and get an assessment with running biomechanics and gait analysis. For your convenience Potomac River Running will be on-site with their mobile store, which will allow you to purchase running shoes and several store items at event.

**Seminar location: 510 West Annandale Road, Suite 300
Falls Church, VA 22046**

Please RSVP to 703.437.8195 by Monday, March 20th.



Sports Medicine Trusted By The Pros