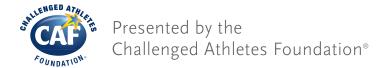




# RUNNING & MOBILITY CLINIC



## Get inspired. Get motivated. Get active!

Please join us for a mobility clinic unlike any other. Be inspired, motivated and learn practical ways to move better, easier and quicker with your prosthetic, in a supportive and encouraging environment.

- Improve your speed and balance
- Practice leg-over-leg running techniques
- Learn how to move in multiple directions so you can do a variety of recreational activities
- Discover training routines and sport-specific exercises

All ages and abilities are welcome! You don't need to be a top athlete or have a running prosthetic to attend.

### **Attending Experts:**

• Bob Gailey, PhD, PT • Peter Harsch, CP • Össur Clinical Specialists



9:00am - 12:00pm - Clinic

12:00pm - 12:30pm - Free Lunch & Össur Showcase

#### Where: The Salvation Army Kroc Center of Philadelphia

4200 Wissahickon Avenue, Philadelphia, PA 19129

#### How to register

Attendees: support.challengedathletes.org/phillyrun Volunteers: support.challengedathletes.org/phillyrunvol

#### Get more information

Contact Travis Ricks at travis@challengedathletes.org or 858-210-3524

Be inspired by Össur Ambassadors - ossur.com/about-ossur/ossur-ambassadors

Find the right prosthetic for your needs - ossur.com/prosthetic-solutions

**CAF's mission** is to provide opportunities and support to people with physical challenges, so they can pursue active lifestyles through physical fitness and competitive athletics. Learn more about CAF: www.challengedathletes.org



Join the conversation!



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@CAFoundation
#LifewithoutLimitations
#TeamCAF