



Running without Injury

Are you training for a marathon or are you an avid recreational runner?

Ashley Scott Bernstein, DPT, ATC, CSCS, a physical therapist in St. Mary's Outpatient Therapies Department, will discuss ways to keep your muscles and joints in top running form. Join Ashley as she speaks on the most common running injuries and how you can train to prevent them.

Thursday, June 10, 2010

6:30 p.m. - 7:30 p.m.

Sports Basement Presidio Store (across from Crissy Field)

619 Old Mason Street, San Francisco, CA 94129

Free Parking

No RSVP needed.

Questions? Call (415) 437-0100



St. Mary's Medical Center
A member of CHW