



LEARN “THE GOOD FORM” RUNNING WITH FLEET FEET

FREE FOR FACULTY AND STAFF!

Learn techniques to run faster, easier, and injury-free.

Learn the four simple, but highly effective ways to become a more efficient, healthy runner. Fleet Feet Coach Mandy Howard will show you “The Good Form” technique, designed to dramatically improve your running form.

Enter a drawing for a Fleet Feet gift certificate and join the group for an optional 15–20 minute post-lesson run!

Tuesday, June 14

12:10–12:40 p.m.

Followed by an optional 15–20 minute run
Hall of Languages, Room 500

For more details and to **register by June 9**, visit wellness.syr.edu/running.

Brought to you by the Syracuse University Wellness Initiative.

wellness.syr.edu

Join us!

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Stay up to date!

Get information about the latest wellness events and programs. Subscribe to our email list at wellness.syr.edu.

Questions?

Email wellness@syr.edu or **315.443.5472**.

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