

RUNNING STRONG

**A FREE talk on how
Biokinetics can help you become
a Stronger Runner.**



CANDICE ATTREE

Biokineticist



CAROLINE WOSTMANN

Comrades Marathon
and Two Oceans Winner

TUESDAY 5 SEPTEMBER 2017 @7PM

PHSOB Club house 378 Queens Crescent, Lynnwood

Seats are limited RSVP by 1 September

Grahame Gertsch 073 171 7507

