

# **FREE to Members and Non-Members McLeod Sports Medicine Movement Clinic- Saturday, May 14th**

This is a drop-in clinic for Runners, Walkers, and Triathletes of all abilities who want to get the most from their training, stay injury free, and learn more about proper mechanics.

Movement Clinic will be Saturday, May 14th, 9 am- 11 am

Activities Include:

3D Video Gait Analysis

Kinesiotaping

Injury Screenings and Injury Prevention

Blood Pressure Screenings

Nutrition Advice

Tactics to Personalize your Training

This is all completely FREE!