

# Running: Mechanics & Injury Prevention



Community Educational Series

**July 17, 2017 at 6:00 pm**

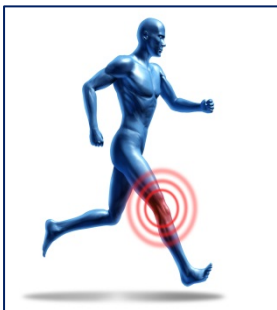
**263 N. Mathilda Avenue, Sunnyvale, CA 94086**

**Topics will include but are not limited to the following:**

- **Common running injuries**
- **Injury prevention**
- **Exercise demonstrations**
- **How physical therapy or sports performance can help you**
- **Q&A**

**Presented by Prina Patel, PT, DPT and Irina Stiasny, PT, DPT**

BreakThrough physical therapist and former intercollegiate field hockey player, Prina Patel PT, DPT is an avid runner. She is currently training for her next half marathon. Irina Stiasny, PT, DPT has run 5 full marathons and more than 30 half marathons herself.



**CALL 408-736-7600 or REGISTER ONLINE**

**[www.breakthroughpt.com/events](http://www.breakthroughpt.com/events)**

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