



## RUNNING & MOBILITY CLINIC



Presented by the  
Challenged Athletes Foundation®

### Get inspired. Get motivated. Get active!

Please join us for a mobility clinic unlike any other. Be inspired, motivated and learn practical ways to move better, easier and quicker with your prosthetic, in a supportive and encouraging environment.

- Improve your speed and balance
- Practice leg-over-leg running techniques
- Learn how to move in multiple directions so you can do a variety of recreational activities
- Discover training routines and sport-specific exercises

**All ages and abilities are welcome! You don't need to be a top athlete or have a running prosthetic to attend.**

### Attending Experts:

- Bob Gailey, PhD, PT
- Peter Harsch, CP
- Össur Clinical Specialists



### When: September 23, 2017

9:00am - 12:00pm – Clinic

12:00pm - 12:30pm – Free Lunch & Össur Showcase

### Where: Lakeshore Foundation

4000 Ridgeway Drive, Birmingham, AL 35209

### How to register

Attendees: [support.challengedathletes.org/alrun](http://support.challengedathletes.org/alrun)

Volunteers: [support.challengedathletes.org/alrunvol](http://support.challengedathletes.org/alrunvol)

### Get more information

Contact Travis Ricks at [travis@challengedathletes.org](mailto:travis@challengedathletes.org) or 858-210-3524

Be inspired by Össur Ambassadors - [ossur.com/about-ossur/ossur-ambassadors](http://ossur.com/about-ossur/ossur-ambassadors)

Find the right prosthetic for your needs - [ossur.com/prosthetic-solutions](http://ossur.com/prosthetic-solutions)

CAF's mission is to provide opportunities and support to people with physical challenges, so they can pursue active lifestyles through physical fitness and competitive athletics. Learn more about CAF: [www.challengedathletes.org](http://www.challengedathletes.org)

Join the conversation!



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#LifewithoutLimitations

#TeamCAF