

# Chi Running Workshop

with Marc Waxman



## IMPROVE YOUR RUNNING TECHNIQUE WITH CHIRUNNING METHOD

Join our workshop and learn how to run  
with less effort and reduce the risk of injury.

When: **July 11 & 18**  
**6:30-8:30pm**

Register Now

Where: **Wrentham Elementary School**  
**Gibbons Gym**

**FREE**

for all Wrentham Runners  
members

*space limited register today!*

*It's FREE to become a Wrentham Runners member!  
Join today and start enjoying the benefits of being a  
part of our runners community!*



For inquiries and registration, please visit  
**WRENTHAMMA.MYREC.COM**