

# 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:** April 25 , May 8  
6:30-8:30pm

Register Now

**Where:** Wrentham Elementary School  
Gibbons Gym

**Cost:** \$75 Wrentham Runners members  
\$150 non-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**