

# Injury Prevention Workshop



**Nottinghamshire**  
Athletics Network

Led by **Paul Whittingham**

Endurance runner and coach who works in Sports Injuries as a Sports Massage Therapist

Runners of all standards are invited to attend. The workshop will focus on injury prevention and remedial exercises with a Q&A session.

**Thursday 25th July 2019**

7.30pm start

**Long Eaton Rugby Club**

Long Eaton, NG10 4AA

Supported by Long Eaton Running Club

**All welcome**

**No booking required – just turn up**

A small charge of £2 will be made to those attending.



**For further information contact:**

**David Lisgo (Network Coordinator)**

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