

# RUN/ WALK

## PREPARATION CLINIC

Improve your running and walking experience, feel more comfortable running, and walking. Join PG Personal Trainer Regan and learn strength and flexibility exercises to support your activity.

**April 10 at 7:30pm**  
**on Zoom**

**Register at**  
**[pulsegenerator.ca](http://pulsegenerator.ca)**



**\$10**

