

TIDAL PHYSICAL THERAPY PRESENTS:

RETURN TO HER RUN 5K CHALLENGE

Join the Tidal Team in a gentle & empowering “Return to Running” 5K challenge to train for the Seal Beach 5K!

This program focuses on the steady progression of strength and running endurance - great for postpartum, post-surgical, and post-pain issues, but we welcome anyone to join us!

Follow along our training journey and get our exercises and tips on IG & YouTube
@TidalPhysicalTherapy

Be sure to post your journey on Instagram and tag
@TidalPhysicalTherapy so we can follow along!

28
MAR



SEAL BEACH
5K



REGISTER NOW @ [HTTPS://RUNSEALBEACH.COM/](https://runsealbeach.com/)

**SIGN UP BY
JANUARY 28TH**

&

**GET A FREE TIDAL PT
T-SHIRT* TO ROCK ON
RACE DAY!**

*with proof of registration (email to
amanda@tidalphysicaltherapy.com or show in person)

WE CAN'T WAIT FOR YOU TO JOIN!!