



Choosing a Running Shoe

with Runner's Soul

August 9 - 12:00PM – 1:00PM

Anderson Hall 100

What: Everyone moves differently and has different body types which is why there is no one running shoe that works for everyone. Choosing a running shoe can seem like a daunting task, and it's very important to get just the right shoe to keep you comfortable and injury free. Runner's Soul is bringing an expert to talk about how to find the right shoe for you!

Hope to see you there!

Light snacks will be available.

[Register Online](#) or email: wellness@uleth.ca



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