



# Running Analysis

Get the full picture of your strength and joint flexibility with a complete running analysis using state-of-the-art video technology. This analysis benefits your training for both injury prevention and decreasing existing pain.

**April 26 | 3:30 - 6:00 p.m.**

**Held at Altru Family YMCA,  
215 N 7th St. Grand Forks.**

Provided by Altru's therapists in conjunction with Altru Family YMCA.

**Cost \$35** (cash or check)

**Call 701.732.7620 to schedule your running or walking analysis**