

**FREE EVENT**  
Lunch will be provided

# ÖSSUR RUNNING & MOBILITY CLINIC



Presented by the  
Challenged Athletes  
Foundation®

Join world-renowned experts in lower limb amputee mobility — **Bob Gailey** and **Peter Harsch** — for a truly unique experience. Improve your overall mobility while connecting with other amputees, including Össur and CAF mentors. A running prosthetic isn't necessary to participate. All ages and abilities are welcome and there's no cost to attend.

#### Join us and learn:

- Techniques to maximize prosthetic capabilities.
- Leg-over-leg running mechanics.
- Proper methods for improving speed and balance.
- How to move in multiple directions for a variety of recreational activities.
- Training routines and sport-specific exercises.

#### When

Saturday, June 6, 2015 • 9AM – 12PM

#### Where

Thomas Jefferson  
Recreation Center  
2180 1st Avenue  
New York, NY 10029



#### Registration

Attendees: [challengedathletes.org/nycrunclinic](http://challengedathletes.org/nycrunclinic)

Volunteers: [challengedathletes.org/nycrunvol](http://challengedathletes.org/nycrunvol)

#### Info

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Join the conversation!



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@CAFoundation  
#NoLimitsNYC

