

Achieve Your Best
... We Can Help.

www.humanperformancecentre.ca

DID YOU KNOW?

What: We offer Running Assessments

Who: Earle Burrows, Physiotherapist

Where: Human Performance Centre

**When: Tuesdays & Thursdays 7:00 AM to 12:00 PM and
Wednesdays 1:00 PM to 8:00 PM by appointment**

Why: Achieve your best for a healthier you!

Book your appointment today!!!

Running problems or injuries have you sidelined? Want to run more efficiently and recover faster from hard workouts? We can help!!! At the Human Performance Center we are runners that understand runners! We help runners identify what their problem is and what may have caused it. We treat the condition, help eliminate the cause, and make modifications to their running so that they can continue to train while they heal. We get runners back to normal quickly so that they can achieve their fitness and race goals.

