

***FREE PRESENTATION!***

# **EXERCISING FOR RUNNER WELLNESS & ARTHRITIS PREVENTION**

*How to Help Prevent Injury, Reduce Your Risk, and Delay the Onset of Potential Arthritis.*

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**WHEN:** Wednesday, November 4, 6:00-7:00 pm

**WHERE:** Capital Run/Walk, 430 Woodburn Rd., Raleigh, NC 27605

**PRESENTED BY:** The Arthritis Foundation and its Jingle Bell Run/Walk  
Select PT

**SPEAKERS:** **George Lampron, DPT** (Doctorate in Physical Therapy)  
**Caitlin O'Connor, MS, LAT, ATC** (Athletic Trainer)

**AUDIENCE:** Active athletes who want to prevent joint injury  
Active athletes with past joint trauma (making them candidates for arthritis)  
Active athletes who have begun to experience joint pain/arthritis

**DESCRIPTION:** This talk will help guide runners and active individuals through wellness and healthy living that can delay the onset of painful joints and limited mobility. Athletic Trainers work to prevent the painful injuries that can result in osteoarthritis in the future of an athlete, and physical therapists see arthritic patients on a daily basis -working to minimize pain and increase mobility. Working from these two viewpoints, our presenters will provide practical information on preventing injury, reducing the risk of joint damage and exercising for wellness.

