



HOW TO MAXIMIZE YOUR GATE RIVER RUN SUCCESS AND AVOID INJURY!

**Join us for FREE Clinics with priceless
advice from the experts from
SOUTHEAST ORTHOPEDIC SPECIALISTS.**

**SOUTHEAST
ORTHOPEDIC SPECIALISTS**



Monday, February 16th

- 5:45 PM - 6:30 PM
- Dr. Jorge Acevedo, Foot and Ankle Specialist, "How to Avoid Common Running Foot & Ankle Problems"
- Town Center Store, 4870 Big Island Drive
- Free Group Run to follow at 6:30 PM with Newton!
- RSVP to Simon at simon@1stplacesports.com
- Call the store for more information: 904-620-9991

Saturday, February 21st

- 9:15 AM - 10:00 AM
- Dr. Stephan Esser, Non-Operative Sports Medicine & Spine Specialist
- Orange Park Store, 2186 Park Avenue
- RSVP to Denise at denise@1stplacesports.com
- Call the store for more information: 904-264-3767