Running Without Pain



**A *FREE* workshop with Jon** Deming**, DPM of True 2 Form Biomechanics in conjunction with The Dome Sports Center**

80% of all runners

will suffer from an injury. How can **YOU** avoid this statistic?

A person smiling for the camera

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Jonathan Deming is a board-certified podiatric surgeon with over 10 years of experience in specialized foot and ankle care. Now the owner of True 2 Form Biomechanics & Sports Medicine, Dr. Deming focuses on evaluating athletes, especially runners, and helping them perfect their form to not only become faster and stronger but also avoid injuries. For those who may already be suffering from pain or injury, True 2 Form offers unique options for care to keep you active, moving, avoiding long layoffs in training, invasive procedures or even surgery.

Inviting runners of all ages to join us at True 2 Form – part of the Dome Sports Science Center

Wed March 9th

6-7pm

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12849 US-131; Suite 2

Schoolcraft, MI 49087 To attend virtually RSVP:

(269) 679-7777 jdeming@t2form.com