



RunWell

TRAINING SERIES

Join leading health, nutrition and wellness experts with Baptist Sports Medicine and Athlete's House for a highly informational discussion and demonstration on what you can do to enhance your exercise routines and improve your run time.

Please note: Class participants are required to wear athletic apparel and shoes to all sessions.



class listings and schedule

Eat Well • Tuesday, January 24th • 6 pm – 7 pm

Featuring: Marietta Parrish, Certified Sports Nutritionist

Run Well • Tuesday, January 31st • 6 pm – 7 pm

Train Well • Tuesday, February 7th • 6 pm – 7 pm

location

101 International Drive • Franklin, Tennessee

cost

All Three Sessions • \$65

Two Sessions • \$45

One Session • \$25

Brought to you by:



For more information, please contact:
sportsmed@baptisthospital.com.

To register for the RunWell Training Series classes, please call **615.224.9818**.

Baptist Sports Medicine is the
Official Healthcare Provider:

